







# Allegany County

## 7-LAYER CASSEROLE

Featured Food: Vegetables

2 large potatoes      raw, sliced  
4 large carrots      peeled, raw, sliced  
2 stalks celery      raw, sliced  
1# ground beef      browned  
1/2 onion (small)      chopped  
1/2 green pepper      chopped  
1 can tomatoe soup  
salt & pepper

Brown ground beef with onions. Pour beef into buttered baking dish, then layer celery, carrots, peppers, and potatoes. Pour tomato soup over top of layers. Bake at 350 degrees until vegetables are cooked for about 1-1/2 or 2 hours.

Charlotte Brown  
Alfred Station, NY

Allegany County  
Age 16 - Senior Division

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## GARDEN PIE

Featured Food: Dairy Products

2 cups steamed, chopped, fresh broccoli  
1/2 cup finely chopped onion  
1/2 cup chopped green pepper  
1/2 cup mushrooms  
1 cup shredded cheese  
1-1/2 cups milk  
3/4 cup (prepared) baking mix

2 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon marjoram

Lightly spray pie plate with cooking spray. Mix broccoli, onion, green pepper, mushrooms, and shredded cheese in pie plate. In medium mixing bowl combine milk, baking mix, eggs, salt, pepper, and marjoram. Beat 1 minute with hand mixer. Pour over ingredients in pie plate. Bake at 400 degrees for 35-40 minutes.

Erin LaValley  
Belmont, NY

Allegany County  
Age 12 - Juior Division

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## BLUEBERRY TREAT

Featured Food: Fruit

1-1/3 cups graham cracker crumbs  
1/4 cup confectioners sugar  
1/4 cup melted butter  
2 eggs  
1/3 cup sugar  
8 oz pkg of cream cheese  
1/4 teaspoon salt

2 cups blueberries  
1/2 cup sugar  
2 tablespoons cornstarch  
1/4 teaspoon salt  
3/4 cup water  
1/4 teaspoon grated orange rind

Mix graham cracker crumbs, confectioners sugar, and butter. Press into an 8" square pan. Beat eggs, add 1/3 cup sugar, cream cheese, and salt. Pour over crust and bake for 20 minutes at 350 degrees.

Cover with 1 cup blueberries. Blend 1/2 cup sugar, cornstarch, salt, water, and orange rind. Add remaining blueberries and cook till clear and thick. Pour over berries. Chill for 1 hour.

Stephanie Decker  
Freedom, NY

Allegany County  
Age 17 - Senior Division

## BROCCOLI PIE

Featured Food: Broccoli

### Whole-Wheat Pie Crust

Ingredients: 1/2 cup whole wheat flour  
1/2 cup white flour  
3/4 teaspoon salt  
3 tablespoons ice water  
1/3 cup margarine

Directions: Mix the flours & salt together. Cut in the margarine with a pastry blender or two forks. Add water (a little at a time); mixing dough with a fork. Add just enough water so that the dough gathers together in a ball.

Shape together into a ball on a lightly floured board. Roll with a floured roller into the shape of the pie tin, then flute the rim.

### White Sauce

Ingredients: 1 cup beef bouillon  
1/2 cup non-fat dry milk  
1 tablespoon whole-wheat flour  
1 tablespoon cornstarch  
1/2 teaspoon dry mustard

Directions: Mix all dry ingredients together; slowly add beef bouillon, stirring to avoid lumps. Cook over low heat stirring constantly until thickened (about 3-5 minutes). Yield-1 cup

### Broccoli Pie

Ingredients: 3/4 cup brown rice, cooked  
2-1/2 cups fresh broccoli, steamed  
1 cup white sauce  
1/2 cup mozzarella low-fat cheese  
1 cup grated cheddar cheese  
1/8 teaspoon ground pepper  
1/2 teaspoon marjoram

Directions: Make one 9-inch whole wheat pie crust. Fill with cooked rice. Mix chopped steamed (tender) broccoli, white sauce, cheese, pepper, and marjoram. Pour broccoli mixture into pie crust and bake for 20-30 minutes at 350 degrees. Serves six. May be served warm or cold. May be garnished with tomatoe slices.

Kristina LaValley  
Belmont, NY

Allegany County  
Age 15 - Senior Division



### PUMPKIN CHEESECAKE BARS

Featured Food: Pumpkin

Preheat oven to 350 degrees.

Crust: 1/2 cup of graham cracker crumbs  
1/4 cup of sugar  
1/2 cup softened butter

Combine all ingredients in a small mixer bowl.  
Press firmly in bottom of pan.

Filling: 14 ozs sweetened condensed milk  
2 eggs  
2 teaspoons pumpkin pie spice  
8 oz pkg cream cheese  
14 oz can of pumpkin  
1/2 teaspoon salt  
1 cup chopped nuts

In large mixer bowl beat cream cheese until fluffy. Gradually beat in sweetened condensed milk, eggs, pumpkin, spice and salt; mix well. Pour over crust. Sprinkle nuts on top. Bake 45-50 minutes or until set. Cool. Chill, cut into bars. Store in the refrigerator.

Amy Glossner  
Houghton, NY

Allegany County  
Age 10 - Junior Division

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### SAUSAGE-CHEESE BALLS

Featured Food: Cheese

8 ozs cooked & crumbled turkey sausage  
8 ozs (2 cups) grated sharp cheddar cheese  
1 cup flour  
1/4 teaspoon salt  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/3 cup buttermilk

Grate cheese into a large bowl. Add crumbled turkey sausage, flour, salt, powder, soda, and mix well. Add buttermilk and mix until all ingredients are moist. Roll into 1" balls and place on a lightly greased cookie sheet.

Bake at 400 degrees for 12-15 minutes or until golden brown.

Best served warm or can be cooled and then reheated.

Ann Saladyga  
Cuba, NY

Allegany County  
Age 9 - Junior Division



# Cayuga County

## APPLESAUCE DROP COOKIES

Featuring: Apples

1 cup shortening  
2 cups sugar  
2 eggs  
3 cups white flour  
1/2 cup wheat flour  
1 teaspoon baking powder

2 teaspoons soda  
2 teaspoons cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
2 cups oatmeal  
2 cups applesauce

Cream together shortening and sugar; stir in eggs. In separate bowl mix together white flour, wheat flour, baking powder, soda, cinnamon, cloves and nutmeg; mix in oatmeal. Add to creamed mixture in three proportions alternately with applesauce in two proportions; beat well. Drop by teaspoonfuls onto baking sheet. Bake at 375° about 15 minutes. Yields: 6 dozen cookies.

Jennifer Utter  
King Ferry, NY

Cayuga County  
Age: 17

## SPINACH SALAD

Featuring: Spinach

2 cups spinach  
1 cup lettuce  
3 eggs, hard-boiled

4 bacon slices  
1 small onion  
1/2 cup mushrooms (drained)

### Italian Dressing:

3/4 cup salad oil  
1/8 cup vinegar  
1/8 cup grated parmesan cheese  
2 teaspoons sugar  
1/2 teaspoon salt

1/2 teaspoon celery salt  
1/4 teaspoon pepper  
1/4 teaspoon dry mustard  
1/8 teaspoon paprika  
1/8 teaspoon garlic powder

Put dressing ingredients together, shake and chill about 1 hour. Tear spinach and lettuce; slice eggs; add eggs, bacon, onion and mushrooms. Toss and add dressing.

Emmy Moss  
Skaneateles, NY

Cayuga County  
Age: 11

## CHICKEN DIVINE

Featuring: Cheese

2 cups cooked, diced chicken breast  
1 box (10 oz) frozen chopped broccoli  
2 tablespoons oleo  
4 tablespoons flour

2-1/3 cups chicken broth  
1 (4 oz) can mushroom pieces  
(drained)  
1 cup part skim milk mozzarella  
cheese (shredded)

Cook chicken and reserve broth. Microwave broccoli 5 minutes on high. Drain. In sauce pan melt oleo, add flour and stir. Add broth and cook until thickened. Add mushroom pieces. Place chicken in 6" x 10" dish. Cover with broccoli. Pour sauce over broccoli. Sprinkle with cheese. Bake at 350° for 30 minutes. Serve with rice.

Tammy Middleton  
Weedsport, NY

Cayuga County  
Age: 15

### BEEF SANDWICH SQUARES

1 pound ground beef  
1/4 cup small onion, chopped  
1/4 cup catsup  
1/2 teaspoon salt  
chopped peppers  
1 - 10 oz package corn bread mix  
1 - 8 1/2 oz can cream style corn  
3/4 cup shredded American cheese  
2 eggs

Featuring: Cheese

2 tablespoons milk  
1/2 cup shredded American Cheese  
2 tablespoons cold water  
2 teaspoons cornstarch  
1 - 8 oz. can stewed tomatoes,  
sliced or cut  
1/4 cup chopped green pepper  
1 teaspoon Worcestershire sauce

Cook ground beef and onion until meat is brown and onion tender. Drain fat. Stir in catsup, salt and a bit of chopped pepper. Set aside. In bowl combine bread mix, corn, cheese, eggs and milk. Stir until combined well. Spread half of mixture into greased 8" x 8" x 2" pan. Spoon beef mixture on top and cover with remaining batter. Sprinkle with rest of cheese. Bake at 350° for 30 minutes or until done. Let stand 5 minutes. Meanwhile, combine water and cornstarch in small saucepan. Stir in undrained tomatoes, peppers and worcestershire sauce. Cook and stir until thickened and bubbly. Cook and stir 2 minutes longer. Serve warm on top of each square. Makes 6 servings.

Tina Czolowski  
Auburn, NY

Cayuga County  
Age: 16

### BEEF STUFFED SHELLS

9 Jumbo shells (cooked)  
1/4 pound ground beef  
1/4 pound pork sausage  
1/4 cup herb bread crumbs  
1 tablespoon chopped onion  
1/8 teaspoon oregano

Featuring: Beef

1/8 teaspoon salt  
1/4 cup mozzarella cheese, shredded  
1 egg (slightly beaten)  
1 cup spaghetti sauce  
Parmesan Cheese

Cook jumbo shells according to box directions. Brown beef and sausage. Drain. Add next 5 ingredients; add beaten egg and mix. Cover bottom of dish with sauce. Fill shells open side down. Cover shells with rest of sauce. Sprinkle with Parmesan cheese. Cover with foil and bake 30 minutes in 350° oven. Serves 3.

Megan Middleton  
Weedsport, NY

Cayuga County  
Age: 9

### DEVILED EGGS SUPREME

1 dozen hard-boiled eggs  
1 tablespoon mustard  
1 tablespoon parmesan cheese, grated

Featuring: Eggs

1 tablespoon green tomato relish  
1 teaspoon paprika

Peel, slice in half and remove yolks from hard-boiled eggs; combine yolks, mustard, parmesan cheese and relish. Spoon yolk mixture into egg halves and sprinkle with paprika. Decorate large plate with deviled eggs and the following:

12 large spinach leaves  
1 large tomato  
12 pumpernickel crackers

4 stone ground crackers  
1 artichoke with cream cheese in  
middle

Jonathan Kerrick  
Moravia, NY

Cayuga County  
Age: 17

# Genesee County

## CARROT MUFFINS

### Featuring: Carrots

1/2 cup brown sugar  
1 egg  
1/3 cup oil  
3/4 cup milk  
1/2 cup whole wheat flour  
1-1/4 cup white flour  
2 teaspoons baking powder  
2 teaspoons cinnamon

3/4 cup grated carrot  
1/3 cup chopped nuts  
muffins liners

topping:  
2 Tablespoons granulated sugar  
1/4 teaspoon cinnamon

Stir brown sugar, egg, oil, and milk, until sugar is dissolved. Mix flour, baking powder, and cinnamon in a separate bowl. Pour the flour mixture into sugar mixture and blend well. Add the grated carrot and nuts and stir just until mixed in evenly. Line muffin tin with paper and fill each cup about 2/3 full of mixture. Sprinkle topping. Bake at 400 degrees for 20 minutes. Makes 8 to 10 muffins.

Ruth Yousey  
Darien, NY

Genesee County  
Age 8

## STIRRED - BEEF AND PEPPERS

### Featuring: Beef & Peppers

4 servings of long grain rice  
1 pound of round bottom, round steak  
3 Tablespoons of soy sauce  
2 Tablespoons of red wine vinegar  
4 teaspoons of cornstarch  
1/4 teaspoon of sugar

1/8 teaspoon of ginger  
1/2 cup salad oil  
1/2 pound of mushrooms  
2 medium onions, quartered  
2 small green peppers, cut in chunks  
1/2 teaspoon of salt

Prepare rice. Cut steak lengthwise in half. Then cut each piece diagonally against the grain, into paper thin slices. Mix soy sauce and next four ingredients. Add beef and toss lightly to coat. Set aside. Put fry pan on high. In hot salad oil, cook mushrooms, onions, peppers and salt stirring quickly until vegetables are tender crisp (6minutes). Spoon into bowl, leave oil. Add meat, stir two minutes until it loses its pink color. Add vegetables and stir fry until hot.

Connie Shea  
Oakfield, NY

Genesee County  
Age 14

### FRESH APPLE POUND CAKE

3 cups unsifted flour  
1 teaspoon baking soda  
1 teaspoon salt  
1-1/2 cup corn oil  
2 cups granulated sugar  
3 eggs

### Featuring: Apples

2 teaspoons vanilla  
2 cups finely chopped, pared  
apple  
1 cup chopped (medium fine)  
pecans  
1/2 cup firmly packed light  
brown sugar  
1/2 cup butter or margarine  
2 teaspoons milk

Grease and flour a 10 by 4 inch bundt pan. Thoroughly stir together the flour, baking soda and salt. In large bowl of electric mixer, at medium speed, beat together the oil, granulated sugar, eggs and vanilla until combined. Gradually beat in flour mixture until smooth. Fold in apples and pecans. Turn into a prepared pan.

Bake in a preheated 325 degree oven until a cake tester inserted in center comes out clean, about 1 hour and 20 minutes. Place cake in pan on a wire rack to cool.

When cool, in a small saucepan, stirring constantly, bring the butter, brown sugar, and milk to a boil; boil two minutes. With a small spatula, loosen cake edges and around tube. Turn out on a plate. Allow frosting to cool until thick like molasses. Spoon onto cake allowing it to run down the sides. Cool completely.

Fay Fuerch  
Bergen, NY

Genesee County  
Age 12

### IMPOSSIBLE BACON PIE

12 slices bacon - fried crispy  
1 cup shredded Swiss Cheese  
1/3 cup chopped onion  
2 cups milk

### Featuring: Eggs & Cheese

1 cup baking mix  
4 eggs  
1/4 teaspoon salt  
Pepper (sprinkle)

1. Heat oven to 400 degrees
2. Grease 10" pie plate
3. Sprinkle bacon, cheese and onion in plate.
4. Beat remaining ingredients until smooth, 15 seconds in a blender on high or 1 minute with hand beater.
5. Pour into plate.
6. Bake 30-35 minutes
7. Cool 5 minutes - 6 servings

Colleen Schafer  
Corfu, NY

Genesee County  
Age 10

### **DELIGHTFUL APPLE DANISH BARS**

**Featuring: Apples**

#### **Crust:**

2½ cups flour  
1/2 teaspoon salt  
1 cup vegetable shortening  
1 egg yolk (save whites)  
1/3 cup milk (enough to make crust pliable)

#### **Filling:**

6 apples, peeled and sliced  
3/4 cup sugar  
1 teaspoon cinnamon  
1/4 cup raisins (optional)

Glaze: 1/2 cup confectioners sugar  
2 Tablespoons milk

Preheat oven to 400 degrees F.

Grease a cookie sheet (that has sides) with vegetable shortening.

To make crusts: Cut together flour, shortening and salt until coarse.  
Beat together egg yolk and milk  
Add liquid to flour mix  
Mix until moistened, then divide into 2 equal balls  
Roll out one ball to approximately 1/8 inch thick  
Place into prepared cookie sheet.

To make filling: Combine apples, sugar, cinnamon and raisins.  
Place on crust.

Roll out other crust.

Place over apples, pinch top and bottom crust together.

Whip egg whites until peaks almost form.

Brush egg whites over top crust.

Bake 45 minutes in 400 degree F oven.

When cool, combine confectioners sugar and milk and  
drizzle over top in a criss-cross pattern.

Laura Klossner  
Darien, NY

Genesee County  
Age 16

### **STUFFED PEPPERS**

**Featuring: Beef & Peppers**

3 large green, red, or yellow peppers  
1/2 pound ground beef  
1 Tablespoon chopped onion  
1/2 cup cooked rice

1/2 teaspoon salt  
1/8 teaspoon garlic powder  
7 ounces tomato sauce  
1/2 cup shredded cheese

Wash peppers, cut thin slice from stem end of each pepper. Remove seeds and membranes. Place peppers in container, cut-side up and cover with vented plastic wrap. Microwave on hot for 3 minutes. Mix uncooked ground beef, onion, cooked rice, salt, garlic powder, and 1/2 of the tomato sauce. Stuff each pepper with the beef mixture. Pour rest of the tomato sauce over the peppers. Cover with the vented plastic wrap and microwave on hot for 6 minutes. Rotate plate, then microwave 6 more minutes. Sprinkle with cheese before serving.

Sarah Strzelec  
Corfu, NY

Genesee County  
Age 12



# Livingston County

## LASAGNA CASSEROLE

1 pound ground beef  
1 teaspoon onion flakes  
1 15 ounce can tomato sauce  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon oregano

Featuring: beef

1/4 teaspoon basil  
1 clove garlic, minced  
or 1/8 teaspoon powdered garlic  
4 cups noodles, cooked and drained  
1 cup sour cream  
1 cup cottage cheese

Brown and drain beef. Stir in onion flakes, tomato sauce, salt, pepper, oregano, basil, garlic and onion. Stir well and simmer on stove or microcook 5 minutes on high. Combine noodles, sour cream, cottage cheese. Lightly grease a 2 quart casserole pan. Alternately layer noodle mixture with meat mixture in casserole pan. Bake at 350 degrees for 25-30 minutes or microcook 10-15 minutes on high.

Margaret Smith  
Caledonia, NY

Livingston County  
Age 9

## APPLE MUFFINS

1/2 cup oil  
1 cup sugar  
3/4 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 cup white flour  
1/2 cup whole wheat flour

Featuring: apples

1/2 cup apple sauce  
1/2 cup chopped apple, skin on  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1 teaspoon allspice  
1 egg  
1/2 cup raisins

Put ingredients in a bowl in the order given; do not over beat. Divide mixture into 12 muffin cups. Bake at 375 degrees for 15-20 minutes.

Melissa Parnell  
Piffard, NY

Livingston County  
Age 9

## CARROT PECAN CRUNCH PIE

1 cup flour  
1/2 teaspoon salt  
1/3 cup plus 1 tablespoon shortening  
1/8 cup water  
1 1/2 pounds fresh carrots, cut up  
2 eggs beaten

Featuring: carrots

1 14 ounce can sweetened condensed milk  
1 tablespoon pumpkin pie spice  
dash of salt  
1/2 cup packed brown sugar  
1/3 cup margarine  
1 cup chopped pecans

Measure flour and salt into bowl. Cut in shortening thoroughly. Sprinkle with water, a little at a time, mixing until all flour is moistened and dough almost cleans side of bowl. Gather dough into ball; shape into flattened round on lightly floured board or waxed paper. With floured stockinet covered rolling pin, roll dough 2 inches larger than inverted 9" pie pan. Roll pastry onto rolling pin and unroll pastry easing into pan. Trim overhanging edge of pastry 1" from rim of pan. Fold and roll overhanging pastry under, even with pan. Flute edge of pastry. Fill and bake as directed in recipe.

Cook fresh carrots, covered, in 2 cup water, 30-40 minutes or until very tender. Drain. Puree cooked or canned carrots in a blender till smooth. In a large mixing bowl, combine eggs, sweetened condensed milk, pumpkin pie spice and salt. Add carrots; mix well. Turn into pastry shell. In a small bowl, combine brown sugar and margarine; stir in pecans. Sprinkle evenly over pie. Cover edge of pie with foil. Bake in 375 degree oven for 25 minutes. Remove foil; bake 20-25 minutes more or till a knife inserted near center comes out clean. Cool completely on wire rack. Make 8 servings.

Sarah Twamley  
Avon, NY

Livingston County  
Age 13



### PUMPKIN CHEESECAKE BARS

1/2 cup white flour  
1/2 cup whole wheat flour  
1/3 cup brown sugar  
5 tablespoons butter  
1/2 cup chopped nuts  
1 package (8 ounce) cream cheese

Featuring: pumpkin

3/4 cup sugar  
1 cup pumpkin  
2 eggs, beaten  
1 1/2 teaspoon cinnamon  
1 teaspoon allspice  
1 teaspoon vanilla

Combine flour and brown sugar in bowl. Cut in butter to make a crumb mixture. Stir in nuts. Set aside 3/4 cup of mixture for topping. Press remaining mixture into bottom of 8x8" baking pan. Bake at 350 degrees for 15 minutes. Cool slightly. Combine cream cheese, sugar, pumpkin, eggs, cinnamon, allspice and vanilla in large mixer bowl. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake 30-35 minutes.

Stacy Clark  
Piffard, NY

Livingston County  
Age 12

### OLD FASHIONED CRUMB PIE

2/3 cup sugar  
2 tablespoons flour  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
4 cups peeled, cored, sliced apples  
1/2 cup flour  
1/2 cup oatmeal

Featuring: apples

1/4 cup butter or margarine  
1/4 cup packed brown sugar  
Crust: 2 1/2 cups flour  
2 teaspoons sugar  
1/4 teaspoons baking powder  
3/4 cup shortening  
1 egg

Preheat oven and baking sheet to 400 degrees. In a large bowl, combine sugar, flour, cinnamon and nutmeg; mix well. Add apple slices; mix until apples are coated; spoon into pie shell. For crumb topping, combine flour, oatmeal, butter and brown sugar until crumbly. Sprinkle topping over apples. Place pie on baking sheet and bake at 400 degrees for 30-40 minutes. Cool 1 hour before serving. To make pie crust: beat egg yolk and add cold water to make 1/2 cup. Mix flour, sugar, baking powder and shortening with pastry blender. Pour in egg yolk and mix. Divide into 2 sections and roll into balls; roll out in waxed paper or saran wrap. Fit into pie plate.

Dawn Linsner  
Groveland, NY

Livingston County  
Age 9

### BERRY HALO

1/2 prepared angel food cake  
2 small bananas  
2 tablespoons lemon juice  
3 6 ounce cartons nonfat strawberry yogurt

Featuring: strawberries

1 cup prepared whipped topping  
2 1/2 cup sliced strawberries, fresh or frozen  
2 tablespoons wheat germ  
1-2 tablespoons grapenut cereal

Cut or tear cake into 3/4 inch pieces. Slice bananas into lemon juice. In a 2 quart glass bowl, layer half of each in this order: cake pieces, yogurt, whipped topping, strawberries, banana, wheat germ. Repeat. Sprinkle with grapenuts. Refrigerate until firm, at least 2 hours.

Emily Clasper  
Livonia, NY

Livingston County  
Age 12

# Monroe County

## HARVEST BREAD

Featured Product: Sweet Potatoes

1 cup flour  
1/2 cup plus 2 tablespoons whole wheat flour  
1 teaspoon baking soda

2 teaspoons cinnamon  
1 teaspoon nutmeg  
3/4 cup sugar  
1/3 cup pear juice (I use baby food)  
1 cup pureed sweet potatoes  
1/2 cup oil  
1 egg and 1 egg white beaten  
1 cup raisins  
1/2 cup chopped walnuts

1. Preheat oven to 350 degrees.
2. Grease 3 small foil loaf pans or one regular 9 x 5 inch loaf pan.
3. In a large bowl stir together dry ingredients (flours, baking soda, cinnamon, nutmeg, sugar).
4. Make a well in the center of dry ingredients and pour in pear juice, sweet potatoes, oil and eggs.
5. Blend.
6. Stir in raisins and chopped walnuts.
7. Pour into prepared pans.
8. Bake 40 minutes for small loaves or 1 hour for one loaf.  
Check with toothpick for doneness.
9. Cool and wrap until serving.

I like to make the small loaves and add a bow and give the harvest bread as a gift.

Richard Cardot  
Henrietta, New York

Senior Division  
Age 13

## CHERRY SWIRL COFFEE CAKE

Featured Product: Cherries

1 1/2 cups sugar  
1/2 cup margarine  
1/2 cup shortening  
1 1/2 teaspoon baking powder  
1 teaspoon vanilla  
1 teaspoon almond extract  
4 eggs  
3 cups flour  
1 can (21 oz.) cherry pie filling

1. Heat oven to 350 degrees. Grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, or two baking pans 9 x 9 x 2 inches.

### CHERRY SWIRL COFFEE CAKE - Cont.

2. Beat sugar, margarine, shortening, baking powder, vanilla, almond extract and eggs in large mixing bowl. Beat at high speed. Stir in flour.
  3. Spread 2/3 of batter in jelly roll pan or 1/3 in each square pan. Spread pie filling over batter.
  4. Drop remaining batter by tablespoonfuls onto pie filling. Bake until brown about 45 minutes.
  5. Drizzle with glaze while warm. Cut cake in jelly roll pan into bars, cut cake in square pan into squares. Yield - 30 bars or 18 squares.
- Glaze - Beat 1 cup powdered sugar and 1 to 2 tablespoons milk until smooth and of desired consistency.

Mandie Holahan  
Henrietta, New York

Junior Division  
Age 10

### CHEESE AND BROCCOLI QUICHE

Featured Dairy Product: Cream

Crust: Temp: 350° - 1 Hour

3 oz. cream cheese - at room temperature  
1/4 pound butter - at room temperature  
1 cup flour

1. Cream cheese and butter together.
2. Add flour and mix.
3. Press into 10-inch greased pie plate.

#### Filling:

1/4 cup chopped green onion  
1/2 cup sliced fresh mushrooms  
3 tablespoons butter  
5 eggs  
1 cup half and half  
1/2 cup milk

1 teaspoon salt  
dash of ground pepper  
4 oz. Swiss cheese grated  
1 - 10 oz. pkg. frozen chopped  
broccoli, cooked and drained  
1/2 cup diced tomatoes (optional)

1. Saute onions and mushrooms in butter until soft.
2. In blender, combine eggs, half and half, milk, salt and pepper.
3. Place mushrooms and onions in bottom of pie crust. Sprinkle with cheese. Add broccoli and tomatoes.
4. Pour egg and milk mixture over all and bake. Bake at 350° for one hour.
5. Let set 5 minutes before serving.

Lori Stone  
Spencerport, New York

Senior Division  
Age 13

### JAPANESE IN A JIFFY

Featured Product: Beef

1 1/4 pound sirloin steak  
1/3 cup vegetable oil  
2 cups water  
1 medium onion cut into 1/4 inch slices  
1 teaspoon garlic salt  
1/2 teaspoon ground ginger  
2 medium green peppers cut into strips  
2 tablespoons cornstarch  
4 teaspoons sugar  
4 tablespoons soy sauce  
2 medium tomatoes

instant rice to serve 4

1. Trim fat from beef and cut beef into strips.
2. Heat oil in large skillet or wok.
3. Add beef to oil and cook about 5 minutes, turning frequently until beef is browned.
4. Stir in water, onion, garlic salt, and ginger.
5. Heat to boiling, reduce heat, cover and simmer about 5 minutes.
6. Add green pepper and simmer another 5 minutes.
7. Prepare instant rice per package directions for 4 servings.
8. Blend cornstarch, sugar and soy sauce.
9. Stir cornstarch mixture into beef mixture.
10. Boil and stir one minute.
11. Cut each tomato into eighths and place on beef mixture.
12. Heat about 3 minutes.
13. Serve over rice.

Kimberly Cardot  
Henrietta, New York

Senior Division  
Age 16

### HAM AND CHEESE LOAF

Featured Product: Pork, Cheese

Bread Dough:

3 1/2 cups all-purpose flour  
1/2 cup old-fashioned oats  
1 package yeast  
2 tablespoons sugar  
1 teaspoon salt  
2 tablespoons margarine  
1 1/2 cups warm tap water (120 - 130 F.)

Filling:

4 cups sliced in thin strips ham  
1/2 cup sharp cheese (sliced in thin strips)  
1/2 cup sharp cheese (shredded)  
1/2 cup cheddar cheese (sliced in thin strips)  
1/2 cup cheddar cheese (shredded)

## HAM AND CHEESE LOAF - Cont.

### Soup Filling:

10 ounces frozen or fresh cauliflower separated into flowerettes  
1 cup water  
1/4 cup chopped onion  
3 1/2 teaspoons, chopped butter or margarine  
1/3 cup unsifted flour  
1 cup milk  
1 1/2 chicken bouillon cubes  
1/2 cup sharp cheese (shredded)  
1/2 cup cheddar cheese (shredded)  
1/8 teaspoon ground nutmeg

### Topping:

1 egg white

1. In a large bowl mix 1 1/2 cups flour, oats, yeast, sugar and salt thoroughly.
2. Add margarine, and tap water and stir vigorously until well blended. Stir in 1 1/2 more cups of flour and let the dough sit 5 minutes. During this time start chopping the ham and grating the cheese.
3. After 5 minutes knead the dough 8 to 10 minutes until smooth. Let rest 20 minutes, covered loosely. While the dough is resting prepare the soup.
4. In medium sauce pan, cook cauliflower in 1/2 cup water until tender. Reserve 1 cup cooked flowerettes.
5. In blender or food processor, blend remaining cauliflower and liquid; set aside.
6. In large, heavy sauce pan, cook onion in margarine until tender; stir in flour.
7. Gradually add remaining 1/2 cup water, milk and bouillon; cook and stir until well blended and slightly thickened. Add cheese, pureed cauliflower, reserved flowerettes, and nutmeg. Cook and stir until cheese melts and mixture is hot.
8. Finish cutting ham and grating cheese. Punch down dough cut in half roll out each half into a rectangle approximately 16" x 9" - cut strips 1/2 to 1 inch wide all the way around in 2 inches.
9. Place half the ham in the center, pour half the soup on top and cover with half the cheese.
10. Fold the cut ends up over the top to give a braided look. Repeat with the other loaf.
11. Brush the top of the loaves with egg. Bake for 30-40 minutes at 375 degrees or until done. If preferred you can save half the dough in refrigerator for one week. Makes 2 loaves.

Carolyn Maddison  
Fairport, New York

Senior Division  
Age 14

## APPLE BROCCOLI SALAD

Featured Product: Broccoli

1 bunch of broccoli cut into bite size pieces  
1/4 medium red onion sliced  
1/2 cup raisins  
1/2 large carrot shredded  
1 large red apple chopped  
6 slices of crumbled bacon  
1/2 cup mayonnaise  
2 tablespoons sugar  
1 tablespoon vinegar

1. In microwave (or fry on stove) cook bacon until crisp. Place on paper towel to drain.
2. Cut broccoli into bite size pieces and place in mixing bowl.
3. Slice onion and sprinkle over broccoli. Add raisins.
4. Dice apple and add to bacon mixture.
5. Shred carrots over broccoli mixture.
6. Crumble bacon over broccoli mixture.
7. Mix together mayonnaise, sugar and vinegar. Pour over broccoli mixture. Mix together thoroughly. Serves 4-6.

Janel Yanik  
Spencerport, New York

Junior Division  
Age 11





# Niagara County

## CHEESY PASTA SHELLS

Featured: Cheese

24-26 Jumbo pasta shells  
1-15 oz. container ricotta cheese  
1 1/2 c. shredded mozzarella cheese  
1/2 c. grated Parmesan cheese  
1 qt. spaghetti sauce  
1/4 c. grated Parmesan cheese

1 egg, beaten  
1 T. chopped parsley  
1/8 t. nutmeg  
1/8 t. pepper  
1/4 t. salt

Bring 4 quarts of water to boil. Add 1 T. salt. Cook pasta shells 10-12 minutes. Drain and rinse in cool water. Mix ricotta, mozzarella and parmesan cheeses. Add beaten egg, parsley, nutmeg, salt and pepper. Mix. Pour 1 c. tomato sauce in bottom of 9" x 13" pan - spread to cover bottom. Stuff shells with cheese mixture and place cheese side down in sauce. Cover with remaining sauce and sprinkle with 1/4 c. grated Parmesan cheese. Bake covered with foil for 30 minutes at 350 F. Uncover and bake for 15 minutes more. Serves 5-6 people.

Katie Williams  
Gasport, NY

Niagara County  
Age 10

## STUFFED CELERY

Featured: Celery

8 stalks of washed and cleaned celery  
1-8 oz. package of cream cheese (crumbled)  
2 ounces of blue cheese  
1/2 teaspoon of Worcestershire sauce

1 teaspoon sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon of garlic powder  
1/4 cup finely ground walnuts (for garnish)

Wash and clean eight stalks of celery, cut off ends about 1" from the end to look more uniform. Lay on a paper towel or dish towel to drain, then pat dry. Unwrap cream cheese and put on a dish and microwave on high for 20 seconds to soften. Mix with a wooden spoon or electric mixer to make creamy. Measure salt, pepper, sugar, garlic powder, Worcestershire sauce and mix into cream cheese. Crumble blue cheese and fold in with a wooden spoon. With a table knife fill each stalk of celery level full, sprinkle with chopped nuts and cut into 1" pieces (bite size) and arrange on a serving tray.

\* Stuff celery just before serving because it has a tendency to get watery if made too far ahead of serving time.

Brian Wheat  
Lockport, NY

Niagara County  
Age 7

### STUFFED PEPPERS

1 qt. water  
2 peppers (red, green or yellow)  
1/2 cup rice  
1 cup water  
1/2 cup chopped onions  
1 t. margarine  
1/2 lb. ground beef

Featuring: Peppers

1 egg  
Seasonings: (1/4 t. of each),  
pepper, thyme, basil, parsley  
and garlic powder  
1/2 cup spaghetti sauce  
1/2 cup grated cheese  
1/8 cup Parmesan cheese  
1/2 cup water

Boil quart of water in saucepan. Clean peppers and parboil (put peppers in boiling water) then drain on paper towel. Place rice and water on to cook for 20 minutes, stirring occasionally. Chop onions and saute in margarine. Stir in ground beef with onions and rice. Stuff this mixture in the peppers. Pour spaghetti sauce and cheeses over peppers. Grease a baking pan and pour water on the bottom so the peppers will not burn. Bake at 350 for 30 minutes.

Garnish (optional) with a bed of rice and parsley.  
Serves 2-4. Calories per serving (1/2 pepper) 200.

Julie Ferguson  
Lockport, NY

Niagara County  
Age 16

### PEAR CAKE

1 cup sugar  
1 1/2 cups vegetable oil  
3 eggs  
3 cups unbleached all purpose flour  
1 teaspoon cinnamon  
1 teaspoon salt

Featuring: Pears

1 teaspoon baking soda  
2 teaspoons vanilla  
2 cups flaked coconut  
1 cup chopped dates  
3 cups canned pears, diced  
1 cup pecans, chopped

Cream together sugar and oil. Add eggs, one at a time, mixing well after each addition. Set aside. Sift flour, cinnamon, salt and soda. Then add to creamed mixture. Add vanilla, mix. Add coconut, dates, pecans and pears, stirring by hand (batter will be thick). Pour into greased and floured bundt pan. Bake at 325 for 1 1/2-2 hours or until cake tests done with a wooden pick inserted in center. Cool on rack until cake shrinks from sides of pan; remove from pan to complete cooling. After the cake is completely cooled, sprinkle confectionary sugar on the top of the cake.

Sara Lynn Rosenthal  
Gasport, NY

Niagara County  
Age 14

### HARVEST APPLE CAKE

Featuring: Apples

4 cups apples chopped and peeled (about 5)	2 teaspoons of baking soda
2 eggs	1 teaspoon of salt
1 2/3 cup of sugar	2 teaspoons of cinnamon
1/2 cup oil	1 teaspoon of vanilla
2 cups of flour (sifted)	1 cup of chopped nuts (if desired)
	(I did not use the nuts)

Wash, core and peel apples. Then chop finely by first cutting into quarters, and then chopping with a chopper. Break eggs and mix together with a fork. Pour eggs over apples, stir in. Add oil and sugar. Measure and sift all dry ingredients. Add dry ingredients and vanilla to apples and eggs, and STIR with a wooden spoon. DO NOT USE MIXER. Pour into a greased and floured 11" x 7" pan. Bake at 350 for 45 minutes. DO NOT OVER BAKE. Cool cake 10 minutes. Take out of pan and cool. Using confectionary sugar sprinkle over top of 2 paper doilies set on top of cake for a pretty looking cake.

\* Note: You can use a 9" x 13" pan, but the 11" x 7" gives you a thicker cake.

Julie Wheat  
Lockport, NY

Niagara County  
Age 12

### GINGER SPICED CHICKEN

Featuring: Chicken

1 lb. skinned, boned chicken breast, cut into strips  
1/4 teaspoon minced garlic  
2 tablespoons oil  
1 large red pepper, cut into thin strips  
1 large green pepper, cut into thin strips  
1 cup sliced mushrooms  
3/4 cup water  
1 tablespoon cornstarch  
3 tablespoons soy sauce  
1/2 teaspoon ground ginger  
1 chicken bouillon cube  
1 1/2 cups rice  
1/3 cup cashews

Saute chicken and garlic in oil until lightly browned, about 4 minutes. Stir in peppers and mushrooms. Cook and stir until crisp-tender, 2-3 minutes. Combine water, soy sauce and cornstarch in small bowl, stirring until smooth. Stir into chicken mixture. Add ginger and bouillon cube. Cook and stir over medium heat until mixture thickens and comes to a boil. Cook 1 minute. Spoon over rice and sprinkle with nuts.

Jessica Berner  
Gasport, NY

Niagara County  
Age 10

# Ontario County

## SCOTT'S MICROWAVE NUTTY APPLE

TEMP: Microwave on High

FEATURED FOOD: Apples

TIME: 3-4 minutes

- 4 small red or golden delicious apples, cored
- 2 teaspoons firmly packed brown sugar, divided

- 4 teaspoons chunky peanut butter
- 2 teaspoons ground cinnamon
- 4 teaspoons raisins (optional)

1. Place cored apples into 6 oz. custard cups.
2. Sprinkle apple core cavities with 1/4 teaspoon brown sugar.
3. Fill apple cavities with 1 teaspoon chunky peanut butter.
4. Top apples with 1/4 teaspoon brown sugar.
5. Sprinkle 1/4 teaspoon ground cinnamon on top of apples.
6. Garnish with 1 teaspoon raisins, if desired.
7. Bake in microwave 3-4 minutes on high, baking one apple dish at a time.

Scott Topel  
Holcomb, NY

Ontario County  
Age 8  
Junior Division

## ZUCCHINI CASSEROLE

TEMP: 350°F

FEATURED FOOD: Zucchini

TIME: 30 minutes

- 4 cups sliced zucchini squash
- 1/2 cup chopped onion
- 1/4 cup water
- 2 Tablespoons corn-oil margarine

- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 egg, slightly beaten
- 1 cup coarse cracker crumbs
- 3 Tablespoons corn-oil margarine

1. Combine zucchini and onion in saucepan. Add water, cover and cook until tender, about 15 minutes.
2. Drain well. Mash zucchini; add margarine and seasoning.
3. Cool. Add egg and mix thoroughly.
4. Pour into greased 1 quart baking dish.
5. Top with cracker crumbs that have been browned in the 3 Tablespoons margarine.
6. Bake in 350°F oven for 30 minutes.

Julie Yerkes  
Stanley, NY

Ontario County  
Age 13  
Senior Division

**APPLE DELIGHT**  
TEMP: 350°F

FEATURED FOOD: Apples  
TIME: 30-35 minutes

3 cups peeled and diced apples  
3 Tablespoons shortening  
1 cup sugar  
1 egg  
1/2 teaspoon salt  
1/2 teaspoon cinnamon

1/2 teaspoon nutmeg  
1 teaspoon baking soda  
1 cup pre-sifted flour  
1/2 cup chopped walnuts  
1/2 cup seedless raisins  
1 teaspoon vanilla

1. Prepare apples and set aside.
2. Combine shortening, sugar and eggs. Mix well.
3. Add dry ingredients and mix.
4. Stir in apples, vanilla, nuts and raisins. Batter will be stiff.
5. Bake in a greased and floured 9 X 9 inch pan for 30-35 minutes.

FROSTING

1 cup non-dairy whipped topping  
3/4 cup dry creamy white frosting mix

chopped walnuts  
nutmeg

1. Combine whipped topping and frosting mix. Stir until thoroughly blended.
  2. Spread on cooled cake.
  3. Garnish with chopped walnuts and sprinkle with nutmeg.
  4. Enjoy.
- Yield: 9 servings.

Jennifer Calloway  
Phelps, NY

Ontario County  
Age 10  
Junior Division

**APPLE CRISP**

TEMP: Microwave on high

FEATURED FOOD: Apples  
TIME: 15 minutes

4 cups sliced, peeled apples  
2 Tablespoons lemon juice  
1/2 cup packed brown sugar  
1/2 cup uncooked quick oats  
1/4 cup all purpose or whole wheat flour

1/4 cup margarine or butter  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/8 teaspoon ground nutmeg

1. Place sliced apples in 1 quart casserole. Sprinkle with lemon juice. Microwave on high until apples are tender-crisp, 2 1/2-4 minutes. Set aside.
2. Combine remaining ingredients in small bowl. Microwave on high until hot and bubbly, 1 1/2-3 1/2 minutes, stirring after half the cooking time.
3. Spread over apples. Microwave on high until apples are tender and topping is bubbly, 4-6 minutes.

Jamie Fisher  
Victor, NY

Ontario County  
Age 12  
Junior Division

**PARTY PARFAIT**

TEMP: Refrigerate

FEATURED FOOD: Cherries

TIME: 2 hours

1 package whipped topping mix  
1/2 cup milk  
1/2 teaspoon vanilla

1/4 cup sugar  
1 cup sour cream  
1 can lite cherry pie filling  
Parfait glass for serving

1. Prepare whipped topping mix with milk and vanilla as directed on package.
2. Using mixer, add sugar at low speed.
3. Gently fold in sour cream.
4. Alternate layers of cherries and topping mixture in parfait glass.
5. Refrigerate approximately 2 hours.  
Yield: approximately 8 servings.

Sara Marsh  
Canandaigua, NY

Ontario County  
Age 9  
Junior Division

**TOM'S APPLE TART**

TEMP: 400°F

FEATURED FOOD: Apples

TIME: 45-50 minutes

Pastry

8 Tablespoons butter  
1 1/2 cup flour, unsifted  
1/2 teaspoon salt  
1 Tablespoon sugar  
3-4 Tablespoons ice water

Tart Filling

4 or 5 twenty ounce  
apples, if available  
1/2 cup sugar  
2 Tablespoons butter

Glaze

1/4 cup red currant  
Jelly

1. Preheat oven to 400°F.
2. Cut butter into 1/4 inch pieces and refrigerate.
3. Mix flour, salt and sugar in a large bowl. Add cold butter and mix with your fingertips until mixture resembles coarse meal.
4. Add ice water and mix until it forms a ball. (Butter should be visible.)
5. Wrap in plastic wrap and chill for at least 1/2 hour. Let dough return to room temperature and roll out on a floured board to 12 inches in diameter and 1/8 inch thickness. Place in tart or quiche pan.
6. Melt jelly and coat the pastry shell to seal out moisture from the apples.
7. Peel, core and slice apples. Place slices in prepared shell. Arrange in concentric circles.
8. Sprinkle sugar over apples, and dot with butter. Bake for 45-50 minutes, or until the pastry is golden and apple slices are lightly browned.
9. Glaze tart with melted jelly after it is baked.
10. Serve warm or at room temperature.

Tom Molinow  
Holcomb, NY

Ontario County  
Age 10  
Junior Division

## Orleans County

### PETITE CHERRY CHEESECAKES

Featuring: Cherries

9-12 foil cups (or 24 of paper baking cups using double thickness)  
9-12 shortbread cookies (or vanilla wafers or coconut bars)

#### Filling

8 ounce pkg cream cheese  
(room temperature)  
1/4 cup sugar  
1 egg  
1/2 teaspoon vanilla

#### Topping

1 can cherry pie filling  
1/8 teaspoon almond extract

Cut up cream cheese and place in mixing bowl. Whip ingredients together. Fill cups 3/4 full. Bake at 375° for 15 minutes or until set. Cool. Mix almond extract with cherry pie filling. Top each Petite Cheesecake with a spoon of cherry filling.

Summer Torrance  
Brockport, NY

Orleans County  
Age: 8

### LAYERED MEAT LOAF

Featuring: Beef

1½ lbs. ground beef  
1½ teaspoon salt  
1/8 teaspoon pepper  
1 egg  
1/2 cup bread crumbs  
1/2 cup milk  
1 - 8 ounce can tomato sauce

Combine all ingredients except tomato sauce in a large mixing bowl. Blend well. In a 9 x 5 x 3" pan alternate meat and dressing layers starting and ending with meat mixture. (2 meat and 1 dressing layer)

#### Dressing

2 cups soft bread cubes  
1/2 cup chopped celery  
1 egg  
1 Tablespoon butter, melted  
1 Tablespoon minced parsley and minced onion  
1 teaspoon salt  
1/8 teaspoon pepper

Combine all ingredients in bowl. Form layered meat loaf. Bake at 350° for 50 to 60 minutes. Remove from oven. Pour tomato sauce over top. Replace in oven and bake 10 to 15 minutes more.

Amy Dermody  
Albion, NY

Orleans County  
Age: 15

### APPLESAUCE-NUT BREAD

Featuring: Apples

3/4 cup granulated sugar  
1 cup applesauce  
1/3 cup oil  
2 eggs (or 4 egg whites or  
egg substitute equivalent  
to 2 eggs)  
3 Tablespoons skim milk  
2 cups sifted all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
3/4 cup chopped pecans or walnuts

#### Topping

1/4 cup brown sugar  
1/2 teaspoon ground cinnamon  
1/4 cup chopped nuts

In a large mixing bowl, combine sugar, applesauce, oil, eggs and milk. Mix thoroughly. Sift flour, soda, baking powder, cinnamon, salt and nutmeg. Beat dry ingredients into the applesauce mixture until combined. Stir in nuts. Turn batter into well-oiled 9 x 5-inch loaf pan. Combine topping; sprinkle evenly over the batter. Bake at 350° for 1 hour. Cap loosely with foil after the first 30 minutes of baking. When done remove from pan and cool on rack.

Andy Houseman  
Lyndonville, NY

Orleans County  
Age 11

### CHEESECAKE DELIGHT

Featuring: Dairy Products

1½ cups graham cracker crumbs  
1/4 cup powdered sugar  
1 teaspoon allspice  
1/3 cup melted butter  
2 8 ounce pkg cream cheese  
2 eggs beaten slightly  
4 teaspoon vanilla  
1½ cups sour cream  
2/3 cup sugar  
2 teaspoon sugar

Mix cracker crumbs, powdered sugar, allspice and butter; press into pie pan. Cream the cream cheese; add eggs, 2/3 cup sugar and 2 teaspoon vanilla. Pour into crust. Bake at 375° for 20 minutes. Combine 2 teaspoon sugar with 2 teaspoon vanilla and sour cream and spread on top. Bake at 450° for 10 minutes longer and chill for several hours.

Theresa Mullen  
Albion, NY

Orleans County  
Age: 11



# DAIRY-NOODLE CASSEROLE

Featuring: Cheese

8 ounce pkg. medium width noodles  
(cook according to pkg. directions, drain and set aside)  
1 lb. hamburger (or sausage)  
2 Tablespoons green pepper (chopped)  
1/3 cup onion (chopped)  
2 Tablespoons butter  
16 ounce jar spaghetti sauce  
8 ounce pkg. cream cheese (softened)  
1 cup cottage cheese  
1/2 cup sour cream  
2 Tablespoons green pepper (chopped)  
2 Tablespoons onion (chopped)

Brown hamburger, pepper and onion in butter. Drain. Stir in spaghetti sauce. Heat while preparing cheese mixture. Blend cream cheese, cottage cheese, sour cream and chopped vegetables together. Place 1/2 noodles in a 2 quart casserole or 9 x 13" pan. Cover with cheese mixture. Add remaining noodles. Pour hamburger sauce over top. Bake at 350° for 30 to 40 minutes.

Ra'Ann Torrance  
Brockport, NY

Orleans County  
Age: 13

# POTATO PUFF BUNS

Featuring: Potatoes

2/3 cup shortening  
1/2 cup sugar  
1½ teaspoon salt  
2 eggs, beaten  
2 cups mashed white or sweet potatoes  
2 pkg. yeast, dissolved in 1/2 cup lukewarm water  
1 cup milk, scalded and cooled  
6 cups flour

Cream shortening, sugar and salt. Blend eggs, mashed potatoes and dissolved yeast into lukewarm milk. Stir into creamed mixture. Stir in flour; dough should be stiff. Place on floured board; knead thoroughly. Place in large covered bowl, and let rise until double in bulk. Pinch off dough, form into rolls. Place 2 inches apart on pan; cover; let rise. Bake at 350° for 25 minutes. Butter; turn out of pans.

Becky Mullen  
Albion, NY

Orleans County  
Age: 15

# Seneca County

## CHEESE, POTATO & EGG CASSEROLE

FEATURING: CHEESE, POTATOES  
& EGGS

1 - 3 ounce package cream cheese  
1/2 of 8 ounce jar cheese spread  
dash pepper  
6 eggs  
1 - 8 1/2 ounce can whole, white potatoes, drained and cut up  
2 ounces fully cooked ham, cut into strips (1/3 cup)

In one quart casserole, micro cook cream cheese, uncovered 15-20 seconds or until softened. Stir in cheese spread and pepper. Remove and reserve half of the mixture, set aside. Beat eggs and add to mixture in casserole. Mix well and stir in potatoes and ham. Cook uncovered for 6-7 minutes or until eggs are cooked, but still glossy and moist. After 3-5 minutes, lift and fold partially cooked eggs so uncooked portion flows underneath. Top with reserve cheese mixture and cook on high for 30 seconds or until cheese melts. Makes 4 servings.

Aaron Fischer  
Seneca Falls, NY

Seneca County  
Age 11

## BREAKFAST PUDDING PARFAIT

FEATURING: DAIRY PRODUCTS  
& FRUITS

1 1/4 cup milk  
8 ounce carton of vanilla yogurt  
3 3/4 ounce package instant pudding and pie filling mix - vanilla  
1 cup granola cereal  
1 sliced banana  
1/4 cup blueberries  
1/4 cup strawberries

First mix milk and yogurt for 2 minutes on low speed, then add pudding and mix for 1 minute. Put a few banana slices in bottom of parfait glass; cover with some of the yogurt mixture; sprinkle with granola. Next, put in blueberries, yogurt mixture and granola. Finally put in strawberries, more yogurt mixture and sprinkle with granola.

Karen VanRiper  
Interlaken, NY

Seneca County  
Age 11

## STIR FRY VEGETABLES

FEATURING: LAMB & VEGETABLES

2 tsp. cornstarch  
1 tsp. ground ginger  
1/4 tsp. garlic powder  
2 tsp. soy sauce  
2/3 cup water  
2 T. oil  
2/3 cup carrots, sliced  
2/3 cup celery, sliced  
2 cup broccoli flowerets and cut stems into slices  
1/3 cup rutabega strips  
1/3 cup red onions, sliced  
1 cup bean sprouts  
2/3 cup yellow squash, sliced  
1/3 cup cashews, unsalted  
2/3 cup fresh mushrooms  
1/3 cup water chestnuts, sliced  
1 cup cooked lamb cubes, marinated overnight in one envelope  
freshly mixed Italian dressing

1. Mix cornstarch, ginger, garlic powder, soy sauce and water in glass measuring cup and set aside.
2. Heat the oil in large frying pan with a lid.
3. When oil is hot, add rutabega, carrots, onions and celery and cook for 1 minute, stirring constantly.
4. Add broccoli and squash and cook 2 minutes, stirring constantly. The broccoli will turn bright green.
5. Add the liquid and continue cooking for 1 minute or until bubbly.
6. Add bean sprouts, mushrooms, water chestnuts, reduce heat, cover pan and cook for 2 more minutes. Stir in cashews and cooked lamb. Serve on bed or rice.

May substitute 1 cup cooked chicken strips (skin removed) for lamb.

Tricia Wolf  
Waterloo, NY

Seneca County  
Age 15

## CHEESE BALL

FEATURING: CHEESE

8 ounce package cream cheese, softened  
4 1/2 ounce can deviled ham  
1/2 cup grated cheese  
a dash of garlic salt  
a dash of celery salt

Mix well. Roll in chopped walnuts forming ball. Put cherry on top and refrigerate.

Allissa O'Brien  
Waterloo, NY

Seneca County  
Age 10

### OATMEAL APPLE MUFFINS

FEATURING: APPLES

3/4 cup rolled oats (quick cooking)  
3/4 cup 2% milk  
1 egg  
2 T. oil  
2 T. molasses  
1/2 cup raisins  
3/4 cup grated apples  
2 T. honey  
1 1/4 cup whole wheat flour  
1 T. baking powder  
1/2 tsp. cinnamon  
1/2 tsp. salt

Preheat oven to 400 degrees. Grease 12 muffin tins. Soak oats in milk for 15 minutes. Add egg, oil, molasses, raisins, grated apples and honey and mix well. Sift flour, baking powder, cinnamon and salt and add to oat mixture. Stir until just combined. Fill muffin tins 1/2 to 3/4 full. Bake 20 minutes - makes 12 muffins.

Kim DiDona  
Seneca Falls, NY

Seneca County  
Age 13

### BARBECUED PORK CHOPS

FEATURING: PORK

2 pork chops - 1 1/2" thick  
1/3 cup barbecue sauce  
1/3 cup water  
1/2 tsp. chives

1. Heat greased pan to 325 degrees.
2. Brown chops on both sides.
3. Add water and sauce.
4. Sprinkle with chives.
5. Cover and simmer for 20 to 30 minutes.
6. Serve.

Jason Swartley  
Waterloo, NY

Seneca County  
Age 11

# Steuben County

## YOGURT-SAUCED PORK BALLS

Featuring: Dairy Products, Pork

1 beaten egg  
1/3 cup fine dry bread crumbs  
3 Tbl. plain yogurt  
4 tsp. finely chopped onion  
½ tsp. salt  
¼ tsp. pepper  
1 pound ground pork  
1 Tbl. cooking oil

1½ tsp. instant beef bouillon granules  
1 cup boiling water  
2 Tbl. catsup  
1 tsp. Worcestershire sauce  
½ tsp. dried basil, crushed  
3 Tbl. cold water  
1 Tbl. cornstarch  
1/3 cup plain yogurt

In bowl combine egg, bread crumbs, 3 Tbl. yogurt, onion, salt and pepper. Add ground pork; mix well. Shape into 32 meatballs. In skillet brown meatballs in hot oil. Drain off fat. Dissolve bouillon granules in boiling water; add catsup, Worcestershire sauce and basil. Add to skillet. Bring to boiling. Reduce heat; cover and simmer 20 minutes. Remove meatballs to serving dish. Skim fat from pan juices. Measure pan juices. Add water, if necessary, to measure ¾ cup liquid. Return to skillet. Stir cold water into cornstarch; add to liquid in skillet. Cook and stir until thickened and bubbly. Stir in 1/3 cup plain yogurt. Heat through but do not boil. Pour sauce over meatballs in serving dish. Serve immediately. Makes 4 servings. 264 calories per serving.

Kim Hargrave  
Wayland, NY

Steuben County  
Age 10

## APPLE COFFEE CAKE

Featuring: Apples

1½ cups flour  
¼ tsp. salt  
1 Tbl. brown sugar  
1 tsp. baking powder  
½ cup margarine

1 egg yolk  
2 Tbl. milk  
2 medium apples  
¼ cup chopped walnuts

In medium mixing bowl, combine dry ingredients. Cut in margarine until size of small peas. Combine egg yolk & milk, stir into flour mixture until thoroughly blended. Press into bottom and 1" up side of 8-inch or 9-inch pie pan. Core and cut each apple into wedges. Place on dough in pan (can arrange as desired). Cover with cinnamon topping. Bake in 350° oven for 45 minutes or until apples are tender. Serve warm. Yield: 6-8 servings.

### Cinnamon Topping

½ cup brown sugar  
2 tsp. flour  
½ tsp. cinnamon

1/8 tsp. ground nutmeg  
1/8 tsp. ground cloves  
1/8 tsp. ground ginger

Cut in 2 Tbl. margarine to above until crumbly. Sprinkle over apples.

Bronwyn Williams  
Naples, NY

Steuben County  
Age 11

## GLAZED APPLE COFFEE CROWN

Featuring: Apples, Dairy Products

4½ to 5 cups all-purpose flour  
1/3 cup sugar  
1 tsp. salt  
1 package active dry yeast  
1 cup milk  
½ cup water  
¼ cup margarine or butter  
1 egg

### Glaze:

1 cup powdered sugar  
1 Tbl. milk  
1 Tbl. margarine or butter, softened  
1 tsp. lemon juice

### Filling:

¾ cup sugar  
¼ cup margarine or butter  
1 tsp. cinnamon  
3-ounce package cream cheese, softened  
2 cups peeled, chopped apples  
1/3 cup firmly packed brown sugar  
½ tsp. cinnamon  
1 cup chopped walnuts (optional)

Grease 12-cup fluted tube pan or 10-inch tube pan. Lightly spoon flour into measuring cup; level off. In large bowl, combine 2 cups flour, 1/3 cup sugar, salt and yeast. In small saucepan, heat milk, water and margarine until very warm (120° to 130°F). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. By hand, stir in 2 cups flour. On floured surface, knead in ½ to 1 cup flour until smooth and elastic, about 5 to 8 minutes. Place in greased bowl; cover loosely with plastic wrap and cloth towel. Let rise in warm place (80° to 85°F) until light and doubled in size, about 1 hour.

In small bowl combine ¾ cup sugar, ¼ cup margarine, 1 tsp. cinnamon and cream cheese, blend until smooth. In small bowl combine apples, brown sugar and ½ tsp. cinnamon. You can also add one cup chopped nuts. Divide roll in half. On lightly floured surface roll out half into 18x8" rectangle. Spread with half of cream cheese mixture to within ½-inch of edges, then spread with half of apple. Starting at longer side, roll up tightly; pinch edges and ends to seal. Repeat with remaining half of dough. Place both rolls in prepared pan; one on top of the other. Cover, let rise in warm place until light and doubled in size; about 1 hour.

Heat oven to 350°F. Bake 45 to 55 minutes or until golden brown. Remove from pan immediately. In small bowl, combine all glaze ingredients; drizzle over warm coffee cake. Yield: 16 servings.

This coffee cake is just as delicious without the glaze.

Paula Stebbins  
Hornell, NY

Steuben County  
Age 16

**OATMEAL APPLE RAISIN MUFFINS**

Featuring: Apples

1 egg  
3/4 cup milk  
1 cup raisins  
1 chopped apple  
1/2 cup oil  
1 cup all-purpose flour

1 cup quick oats  
1/3 cup sugar  
3 tsp. baking powder  
1 tsp. salt  
1 tsp. nutmeg  
2 tsp. cinnamon

Beat egg; stir in remaining ingredients, mixing just to moisten. Pour into 12 greased muffin cups until 3/4 full. Bake at 400° for 15 to 20 minutes. Serve cool or piping hot with butter.

Christine Potter  
Woodhull, NY

Steuben County  
Age 14

**ESKIMO YOGURT APPLES**

Featuring: Apples, Raspberries, Dairy Products

6 large red apples  
lemon juice  
1 cup fresh raspberries or  
1/2 (10-ounce) package frozen  
raspberries, thawed  
2 Tbl. sugar  
1/4 cup raspberry liquor, rum or kirsch

3 Tbl. flaked coconut  
1/4 cup ground almonds  
1/2 cup plain yogurt  
1 cup whipped cream or  
whipped topping (garnish)  
sliced almonds (garnish)

Wash apples well; polish with clean towel. Cut off top of each apple; brush with lemon juice to prevent discoloration. Set aside. Carefully cut out inside of each apple to leave 1/2 inch shell; brush insides with lemon juice. Dice removed portions of apples; discard core and seeds. Combine with sugar, raspberries (reserve a few whole ones for garnish), liquor, coconut, and ground almonds. Fold in yogurt; spoon into apples. Top each apple with dollop of whipped cream, a reserved raspberry, and sliced almonds. Cover with apple tops; serve at once.

Sandy Amidon  
Hornell, NY

Steuben County  
Age 13

**BEEF 'N CHEESE CRESCENT PIE**

Featuring: Cheese, Beef

1 1/4 lbs. ground beef  
8 oz. can tomato sauce  
8 oz. can cut green beans  
8 oz. can mushrooms  
1/2 tsp. salt

1 can (8 oz.) quick crescent  
dinner rolls  
1 egg, slightly beaten  
2 cups (8 oz.) shredded Cheddar cheese

Preheat oven to 375°. In large fry pan, brown beef. Stir in tomato sauce, green beans, mushrooms and salt. Simmer while preparing crust. Separate crescent dough into 8 triangles. Place triangles in ungreased 9 or 10 inch pie pan. Press to form crust.

Combine egg and 1 cup cheese, spread over crust. Spoon hot meat mixture onto crust. Sprinkle with remaining cheese. Bake 20 to 25 minutes. For easier serving, let stand 5 minutes before cutting into wedges. 5 to 6 servings.

Sarah Briglin  
Wayland, NY

Steuben County  
Age 13

# Wayne County

## FALL APPLE DIP

Featuring: Apples

1 pkg. light cream cheese (room temperature)  
1 8 oz. vanilla yogurt  
1/3 cup brown sugar  
1/2 tsp. vanilla

1-2 cups chopped peanuts, unsalted  
apples  
orange juice

Blend together first 5 ingredients. Wash, core, slice apples. Dip apples into orange juice, drain. Arrange apples on plate and place dip in center. Sprinkle additional chopped nuts on dip.

Melissa Ryan  
Walworth, NY

Wayne County  
Age 9

## APPLE MUFFIN

Featuring: Apples

2 cups flour  
3/4 cup brown sugar  
1/2 cup sugar  
2 tsp. baking soda  
1/2 tsp. salt  
1 1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/4 tsp. nutmeg

2 cups apples, (coarsely chopped)  
[Cortland, Idared or Crispin]  
1/2 cup raisins (optional)  
1/2 cup chopped walnuts  
3 eggs  
1/2 cup butter, melted  
4 oz. cream cheese, cut into small  
pieces  
1/2 tsp. vanilla

### Topping

1/2 cup chopped walnuts  
1/2 cup brown sugar  
1/4 cup flour

1 tsp. cinnamon  
1 tsp. lemon peel, grated  
1 oz. butter, melted

Combine all topping ingredients together and set aside.

### Directions For Muffins

Combine flour, sugars, spices and baking soda; set aside. Combine apples, raisins, nuts, eggs, cream cheese, butter and vanilla. Add dry ingredients a little at a time to the apple mixture. Stir until just combined. Do not over mix. Portion batter into muffin papers, about 2/3 full. Sprinkle with topping. Bake at 375° for 20-30 minutes. Yields 24 muffins.

Sheryl VanDenBeckens  
Marion, NY

Wayne County  
Age 16



### CHERRY TOMATO CANAPE

1/2 cup grated Mozzarella cheese  
1/2 cup grated Swiss cheese  
2/3 cup mayonnaise  
1/2 cup minced green onion  
6 Tbsp. green pepper  
1/4 tsp. garlic salt

Featuring: Tomatoes

1/4 tsp. seasoned salt  
1/8 tsp. cayenne pepper  
1/2 lb. bacon, cooked & crumbled  
1 pint cherry tomatoes, washed & sliced  
1 loaf party rye or pumpernickle bread

Combine first 7 ingredients. Toast bread on one side and spread mayonnaise on other. Top with tomatoes and first 7 ingredients. Bake until bubbly brown at 350° for 5 minutes.

Rachael Strieter  
Macedon, NY

Wayne County  
Age 12

### ZUCCHINI BREAD

2 eggs  
3/4 cup sugar  
1/2 cup oil  
1 cup grated zucchini  
2 tsp. vanilla  
1 1/2 cups flour

Featuring: Zucchini

1/2 tsp. salt  
1/2 tsp. baking soda  
3 tsp. cinnamon  
1/4 tsp. baking powder  
1/2 cup chopped nuts or raisins

Beat eggs well. Add oil and sugar and beat until real creamy. Add zucchini, vanilla and dry ingredients and beat for 2 minutes. Pour in greased loaf pan. Bake at 325° for 45 minutes to 1 hour. Cool in pan 10 minutes.

Brandy Stewart  
Lyons, NY

Wayne County  
Age 9

### BUNNY SALAD

lettuce leaf  
1 pear half, chilled  
2 raisins

Featuring: Pears, Cottage Cheese

2 nuts  
1 cinnamon candy  
cottage cheese

For each serving place lettuce leaf on plate. On top of that place upside down, 1 chilled pear half. Make bunny with narrow end for face. Make eyes with the 2 raisins. Make the ears with the 2 nuts. Make the nose with the cinnamon candy. Make the tail with a cottage cheese ball.

Bobbie Jo Reed  
Savannah, NY

Wayne County  
Age 8

## SWISS POTATO BAKE

6 medium size potatoes  
6 Tbsp. margarine, melted  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. ground nutmeg  
1 tsp. chopped parsley

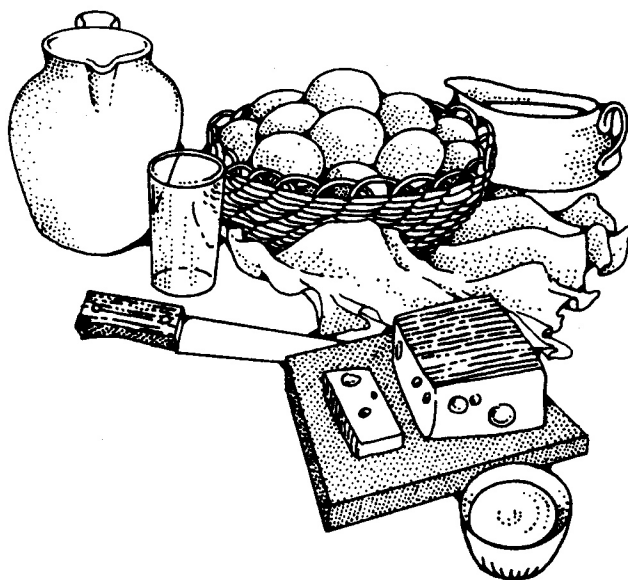
Featuring: Potatoes, Cheese

1 cup cubed ham  
1 medium onion, diced  
3 eggs  
1/2 cup milk (lowfat)  
paprika  
1 1/2 cups lowfat Swiss cheese, shredded

1. Peel potatoes and cook in saucepan with water until tender and drain.
2. Mash and stir potatoes in butter, salt, pepper, nutmeg and parsley.
3. Spoon about 2/3 of potato mixture on sides and bottom of greased baking dish.
4. In medium bowl combine cheese, ham and onion.
5. Spoon the mixture into the potato-lined dish.
6. Beat together eggs and milk and pour over ham and cheese.
7. Spoon remaining potato mixture over top and sprinkle with paprika.
8. Bake at 400° 30-35 minutes.
9. Let stand 10 minutes before serving.

Michelle Dickson  
Marion, New York

Wayne County  
Age 15



# Wyoming County

## QUICHE

Featured Food: Dairy Products

unbaked 9" pie crust  
1 1/2 cup white shredded cheese  
1 1/2 cup yellow shredded cheese  
1 pint chopped broccoli  
1/2 lb. sliced ham

3 eggs  
1 cup milk  
pepper  
1/2 can french fried onion rings

1. Preheat oven to 375°.
2. Divide cheeses in 1/2; sprinkle half of each on bottom of unbaked pieshell. Add broccoli and ham. Sprinkle with remaining cheese.
3. Beat eggs and milk; add pepper to taste. Pour over cheese and bake 1/2 hour.
4. Remove from oven, sprinkle with onion rings, bake an additional 15-20 minutes.
5. Allow to set a few minutes, cut and serve. 4-6 servings.

Amy Anderson  
Wyoming, NY

Wyoming County  
Age: 13

## BEAN PORRIDGE

Featured Food: Vegetable

1 37 ounce can baked beans  
2 cups stewed tomatoes  
1 bay leaf  
1 tbsp. chopped parsley  
2 tbsp. chili sauce  
2 tsp. salt

1 cup sliced celery  
1/2 cup sliced onions  
1 cup potatoes  
1 cup sliced carrots  
2 quarts water  
1/4 lb. shredded mild cheese, optional

1. Puree about 1/2 of the baked beans. Combine with tomatoes, bay leaf, parsley and chili sauce in soup pot.
  2. Add prepared vegetables, water and salt. Simmer two hours.
  3. Serve hot. Sprinkle each serving with shredded cheese, if desired (let cheese melt before eating).
- Yield: 8 servings

Angela Heineman  
Attica, NY

Wyoming County  
Age: 14

### FRESH APPLE SALAD

Featured Food: Apples

4 cups unpeeled diced tart apples  
1 can (20 oz.) pineapple chunks,  
drained (reserve juice)  
1 cup seedless green grapes  
3/4 to 1 tsp. poppy seeds  
1/2 cup toasted pecans  
(to toast pecans, place in  
300° oven for 8-10 minutes)

Dressing:  
1/2 cup pineapple juice  
2 tbsp. butter  
2 tbsp. sugar  
1 tbsp. lemon juice  
1 tbsp. cornstarch  
1 tbsp. water  
\*1/2 cup mayonnaise

\*can substitute 1/4 cup low-cal mayonnaise with 1/4 cup plain yogurt.

1. Thoroughly drain pineapple.
2. To make dressing: in small sauce pan combine 1/2 cup pineapple juice, butter, sugar, lemon juice - heat to boiling. Make smooth paste of cornstarch and water - add to hot mixture and cook until thick and smooth. Chill completely, then stir in mayonnaise.
3. In large bowl combine apples, pineapple chunks, grapes, poppy seeds; add chilled dressing and refrigerate.
4. Before serving, toss with pecans and turn into glass bowl. Garnish with apple wedges, lettuce, pecans.

Erin Parker  
Perry, NY

Wyoming County  
Age: 10

### LIGHT AND CHEESE BROCCOLI CASSEROLE

Featured Food: Dairy Products

10 oz. package frozen chopped  
broccoli, thawed and drained  
1 tomato, peeled and thinly  
sliced  
1/4 cup parmesan cheese

1 cup dairy sour cream  
1 cup creamed cottage cheese  
1/2 cup baking mix  
2 eggs  
1/4 cup butter or margarine melted

1. Grease 9 x 9 x 2 baking dish; spread broccoli in bottom.
2. Beat sour cream, cottage cheese, baking mix, eggs and margarine with hand beater 1 minute; pour over broccoli.
3. Arrange tomato slices on top, sprinkle with parmesan cheese.
4. Bake in 350° oven until golden brown and knife inserted 1/2 way between center and edge comes out clean (approximately 30 minutes).
5. Cool 5 minutes, yield 6-8 servings.

Leslie Good  
Perry, NY

Wyoming County  
Age: 11

### CHEESE CORN MUFFINS

Featured Food: Dairy Products

1 cup unsifted flour  
2/3 cup. yellow cornmeal  
2 tbsp. sugar  
2 tsp. baking powder  
1/4 tsp. salt

1 cup shredded cheese  
1 egg beaten  
1 cup milk

1. Thoroughly mix dry ingredients; add shredded cheese.
2. Beat together egg and milk - add to dry ingredients and mix until just moistened.
3. Fill 12 paper-lined muffin cups; bake 25 minutes at 350°.

Jean Zuber  
Wyoming, NY

Wyoming County  
Age: 8

### RAISIN FILLED CREAM PUFFS

Featured Food: Dairy Products

#### Cream Puff

1/2 cup butter  
1/4 tsp. salt  
1 cup boiling water  
1 cup sifted flour  
4 eggs

#### Filling

3 tbsp. flour  
3 tbsp. cornstarch  
3/4 cup sugar  
3/4 tsp. salt  
3 cups scalded milk  
3 beaten eggs  
1 1/2 tsp. vanilla  
1 cup raisins

1. Prepare cream puffs: Add butter and salt to boiling water; stir until butter melts and mixture comes to a boil. Add flour, stir vigorously until mixture is smooth and forms a soft ball. Remove from flame and beat in eggs, one at a time. Beat well. Drop by tablespoonfuls on lightly greased cookie sheet. Bake 50 minutes at 375°. Cool thoroughly.
2. Prepare filling: Scald milk. Add flour, cornstarch, sugar and salt. Cook over low flame, stirring constantly until slightly thickened. Stir in beaten eggs, cook over low flame 5 minutes. Remove from heat and cool; add vanilla and raisins.
3. Slice off top of cream puff; add filling and replace top. Refrigerate or serve immediately. Yield: 12 servings.

Michelle Griffen  
Varysburg, NY

Wyoming County  
Age: 15

## MAKE OLD RECIPES DO NEW TRICKS FOR HEALTH

by Christina Stark, Division of Nutritional Sciences, New York State College of Human Ecology and New York State College of Agriculture and Life Sciences, Cornell

The times are changing and you like to keep in step. You jazz up your wardrobe to be in style and redecorate your home for a more contemporary look. But when it comes to the foods you eat and serve your family, chances are you are using the same old recipes heavy on fat, sugar, and salt.

Why not update and revitalize those recipes? Learn to prepare your old family favorites in new, more healthful ways. How do you do this? It's a simple matter of modification.

Modifying a recipe is not as hard as it sounds. Consider the fact that very few recipes need to be followed exactly to assure a good-quality product. How many times have you followed a recipe but added bits of leftovers, substituted ingredients, or left out an ingredient because you didn't have it on hand? The end result was probably as good as, if not better than, the original. Modifying a recipe for better health just means the changes are made specifically to reduce the amount of calories, fat, sugar, or sodium or to increase the amount of fiber.

The first step in modifying a recipe is to define your dietary goal. If you want to cut calories, you need to identify which ingredients contribute the most calories. If you want to cut fat, sugar or sodium or increase fiber, you need to identify the ingredients that contain these components.

For example, fats are the greatest source of calories and are found in ingredients such as butter, margarine, shortening, oils, whole milk, cheese, cream, meat, and poultry (especially the skin). Sugar comes in many forms including white sugar, brown sugar, honey, corn syrup, molasses, and maple syrup. Sodium is found in salt, baking soda and baking powder, monosodium glutamate, condiments such as soy sauce, bouillon, pickles, and olives, and many processed foods. Fiber is found in whole-grain breads and cereals, dry beans and peas, nuts and seeds, and fruits and vegetables, especially those with edible skins or seeds.

Once you have identified the ingredient(s) in your recipe you want to modify, you can eliminate it completely, reduce the amount, or substitute a more nutritionally acceptable ingredient.

Listed below are just a few ways to update your recipes. These suggestions can be applied to most foods except those in which specific proportions of ingredients are essential to prevent spoilage (such as cured meats, pickles, jams, and jellies) or are needed to ensure a standard quality product (such as yeast breads, cakes, and pie crusts).

### To decrease total fat and calories:

Try reducing fat by one-fourth to one-third in baked products. For example, if a recipe calls for 1 cup of oil, try  $\frac{2}{3}$  cup.

In casseroles and main dishes, cut back or even eliminate added fat. For example, browning meat in added fat is unnecessary because some fat will drain from the meat as it cooks.

Chill soups, gravies, and stews and skim off hardened fat before reheating to serve.

Use reduced-calorie sour cream or mayonnaise instead of the regular versions. For even fewer calories, substitute low-fat yogurt for sour cream or mayonnaise in sauces, dips, and salad dressings. If a sauce made with yogurt is to be heated, add 1 tablespoon of cornstarch to 1 cup of yogurt to prevent separation.

Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk.

#### **To decrease sugar:**

Try reducing sugar by one-quarter to one-third in baked goods and desserts. Do not decrease the small amount of sugar in plain yeast breads because it provides food for the yeast and promotes rising.

Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness.

#### **To decrease sodium:**

Salt may be omitted or reduced in most recipes. Start with a gradual reduction. For example, if a recipe calls for 1 teaspoon of salt, try 1/2 teaspoon.

Choose fresh or low-sodium versions of products. For example, choose low-sodium soups and broths, soy sauce, canned vegetables, and tomato products.

Rely on herbs and spices rather than salt for flavor. Use garlic or onion powder instead of garlic or onion salt.

#### **To increase fiber:**

Choose whole-grain instead of highly refined products—for example, whole-wheat flour and bread, bulgur, brown rice, oatmeal, whole cornmeal, and barley.

Whole-wheat flour usually can be substituted for up to one-half of the all-purpose refined flour. For example, if a recipe calls for 2 cups of flour, try 1 cup of all-purpose and 1 cup of whole-wheat flour.

Add extra fruits and vegetables to recipes and include the peel when appropriate.

Remember, there is no one right way to modify a recipe. You'll be most successful if you adjust quantities of major ingredients gradually. Individual tastes vary, and it may take some time to find out what level is satisfactory to you.

When you find modifications that work, make a note of them. If you want, write the changes directly into your cookbooks. Recipes for better health are worth repeating.

## THIS IS 4-H

4-H is the nation's most exciting out-of-school, informal education program for youth between the ages of 8 and 19.

It is the Youth Development Program of Cooperative Extension which is one of the largest youth programs in the world.

Through the 4-H club, youth receive instruction in educational projects such as dog and animal care, electrical, woodworking, foods, gardening, photography, public speaking, and many, many more. They conduct business meetings, do service projects for their community, and HAVE FUN TOGETHER!

4-H clubs are not just for country people, but for everyone - city and suburbs, farms and rural non-farm people.

Adults with a liking for young people volunteer their time to lead local clubs, showing youngsters the "how to" of various activities. Older 4-Hers share their responsibility as "teen leaders", giving of themselves to help younger members grow and achieve.

Business and industry give 4-Hers a reason for achievement - a catalyst of incentives and recognition at local, county, state and national levels. Sponsoring firms also provide technical advisors and educational aids.

If you are interested in joining 4-H as a member, or in volunteering as a leader of a club, or in supporting 4-H by sponsoring some phase of the program, please contact your county Cooperative Extension office. Learn how you can promote the welfare of the nation's greatest resource - youth!

I PLEDGE my HEAD to clearer thinking,  
my HEART to greater loyalty,  
my HANDS to larger service, and  
my HEALTH to better living, for  
my club, my community, my country,  
and my world.



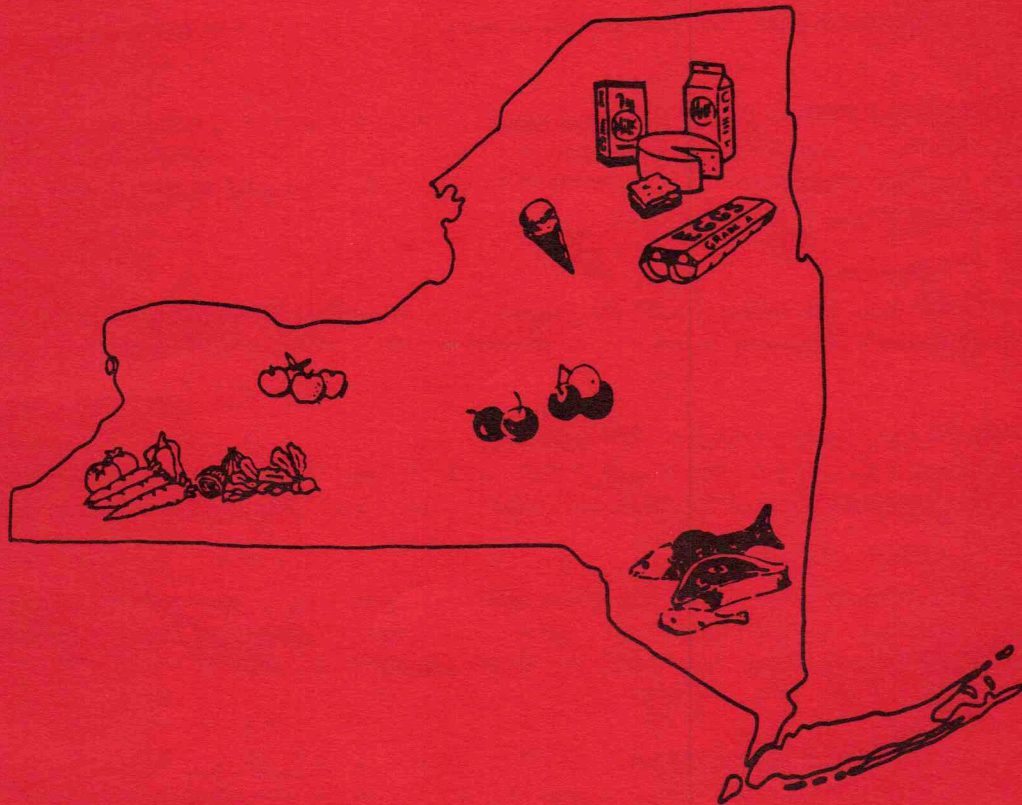






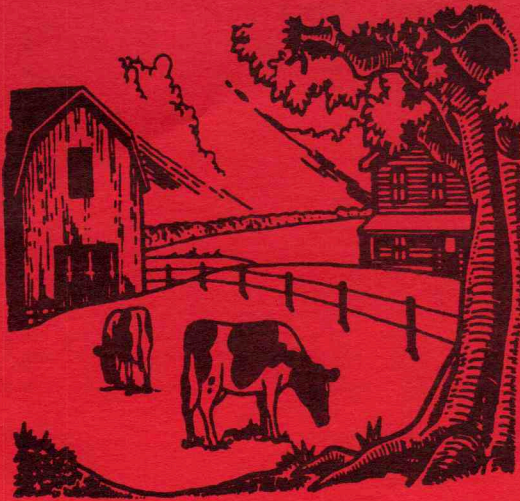


# CONTEST RECIPE BOOK



# Complimentary Copy





# NEW YORK IS AN AGRICULTURAL STATE

Agriculture is a major industry in New York State. More than 8.6 million acres make up New York State's 40,500 farms, farms where 90,000+ people produce a wide variety of food products. Here are some of the food products in which New York leads most other states.

**DAIRY PRODUCTS**-- Milk is New York's leading agricultural product and is produced throughout the State. Milk accounts for nearly 58 percent of the State's farm cash receipts from all products. Production in 1987 was 11.4 billion pounds with a total value of \$1.42 billion. New York ranks 3rd nationally in milk production and in income from dairy products.

**MEAT PRODUCTION**--New York with 471,000 calves slaughtered during 1987 led the nation in number of calves slaughtered and ranked 3rd in total pounds of veal produced. There were 189,000 cattle, 61,000 hogs and 66,000 sheep and lambs slaughtered in 1987. The value of meat animals sold was \$212 million in 1987.

**HORTICULTURE**--In New York, greenhouse and nursery products had a cash value of about \$208 million in 1987. Production is concentrated on Long Island and elsewhere close to heavily populated areas. These products are grown on more than 20 thousand acres and under about 18 million square feet of glass or other protection. New York ranks 6th in income from greenhouse and nursery products.

**EGGS**--An important segment of the State's agriculture, with 1987 production valued at \$46 million. Production is spread throughout the State but is intensive in Sullivan County. New York ranked 20th in egg production in 1987.

**APPLES**--New York ranked 3rd in the nation in apple production in 1987. The crop is valued at about \$74 million at the packing house door. Three general areas produce the apple crop: along the southern shore of Lake Ontario, the Hudson Valley counties of Columbia, Dutchess, Ulster and Orange, and the Lake Champlain Valley, mostly in Clinton County.

**GRAPES**--Grapes were a \$41 million crop in 1987, with most going for juice and wine. Production centers in Erie and Chautauqua Counties, in the Finger Lakes region (Yates, Steuben, Ontario, and Schuyler Counties), in the Mid-Hudson Valley, and on Long Island. New York ranked 3rd in grape production in 1987.

**TART CHERRIES**--Produced mostly in the Lake Ontario region of Western New York. Production and value of the crop fluctuates widely. New York ranked 2nd nationally in 1987 with the crop bringing \$2.3 million to New York State producers.

**CABBAGE**--Principally grown south of Lake Ontario in Orleans, Monroe, Wayne and Ontario Counties. This is the center of production of cabbage grown for kraut as well as cabbage for storage, which is subsequently moved to the fresh market during the winter months. Cabbage is also grown in Suffolk County and in other sections of the State. Value of the crop grown in 1987 was about \$32 million. New York ranks 1st in production of cabbage for kraut and 3rd in cabbage for fresh market.

**ONIONS**--An important crop, valued at \$41 million in 1987. Mostly grown in muck soils in Orange, Oswego, Orleans, Genesee and Madison Counties. The state ranked 6th in production in 1987.



# Allegany County

## 7-LAYER CASSEROLE

Featured Food: Vegetables

2 large potatoes      raw, sliced  
4 large carrots      peeled, raw, sliced  
2 stalks celery      raw, sliced  
1# ground beef      browned  
1/2 onion (small)      chopped  
1/2 green pepper      chopped  
1 can tomatoe soup  
salt & pepper

Brown ground beef with onions. Pour beef into buttered baking dish, then layer celery, carrots, peppers, and potatoes. Pour tomato soup over top of layers. Bake at 350 degrees until vegetables are cooked for about 1-1/2 or 2 hours.

Charlotte Brown  
Alfred Station, NY

Allegany County  
Age 16 - Senior Division

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## GARDEN PIE

Featured Food: Dairy Products

2 cups steamed, chopped, fresh broccoli  
1/2 cup finely chopped onion  
1/2 cup chopped green pepper  
1/2 cup mushrooms  
1 cup shredded cheese  
1-1/2 cups milk  
3/4 cup (prepared) baking mix

2 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon marjoram

Lightly spray pie plate with cooking spray. Mix broccoli, onion, green pepper, mushrooms, and shredded cheese in pie plate. In medium mixing bowl combine milk, baking mix, eggs, salt, pepper, and marjoram. Beat 1 minute with hand mixer. Pour over ingredients in pie plate. Bake at 400 degrees for 35-40 minutes.

Erin LaValley  
Belmont, NY

Allegany County  
Age 12 - Juior Division

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## BLUEBERRY TREAT

Featured Food: Fruit

1-1/3 cups graham cracker crumbs  
1/4 cup confectioners sugar  
1/4 cup melted butter  
2 eggs  
1/3 cup sugar  
8 oz pkg of cream cheese  
1/4 teaspoon salt

2 cups blueberries  
1/2 cup sugar  
2 tablespoons cornstarch  
1/4 teaspoon salt  
3/4 cup water  
1/4 teaspoon grated orange rind

Mix graham cracker crumbs, confectioners sugar, and butter. Press into an 8" square pan. Beat eggs, add 1/3 cup sugar, cream cheese, and salt. Pour over crust and bake for 20 minutes at 350 degrees.

Cover with 1 cup blueberries. Blend 1/2 cup sugar, cornstarch, salt, water, and orange rind. Add remaining blueberries and cook till clear and thick. Pour over berries. Chill for 1 hour.

Stephanie Decker  
Freedom, NY

Allegany County  
Age 17 - Senior Division



## BROCCOLI PIE

Featured Food: Broccoli

### Whole-Wheat Pie Crust

Ingredients: 1/2 cup whole wheat flour  
1/2 cup white flour  
3/4 teaspoon salt  
3 tablespoons ice water  
1/3 cup margarine

Directions: Mix the flours & salt together. Cut in the margarine with a pastry blender or two forks. Add water (a little at a time); mixing dough with a fork. Add just enough water so that the dough gathers together in a ball.

Shape together into a ball on a lightly floured board. Roll with a floured roller into the shape of the pie tin, then flute the rim.

### White Sauce

Ingredients: 1 cup beef bouillon  
1/2 cup non-fat dry milk  
1 tablespoon whole-wheat flour  
1 tablespoon cornstarch  
1/2 teaspoon dry mustard

Directions: Mix all dry ingredients together; slowly add beef bouillon, stirring to avoid lumps. Cook over low heat stirring constantly until thickened (about 3-5 minutes). Yield-1 cup

### Broccoli Pie

Ingredients: 3/4 cup brown rice, cooked  
2-1/2 cups fresh broccoli, steamed  
1 cup white sauce  
1/2 cup mozzarella low-fat cheese  
1 cup grated cheddar cheese  
1/8 teaspoon ground pepper  
1/2 teaspoon marjoram

Directions: Make one 9-inch whole wheat pie crust. Fill with cooked rice. Mix chopped steamed (tender) broccoli, white sauce, cheese, pepper, and marjoram. Pour broccoli mixture into pie crust and bake for 20-30 minutes at 350 degrees. Serves six. May be served warm or cold. May be garnished with tomatoe slices.

Kristina LaValley  
Belmont, NY

Allegany County  
Age 15 - Senior Division





### PUMPKIN CHEESECAKE BARS

Featured Food: Pumpkin

Preheat oven to 350 degrees.

Crust: 1/2 cup of graham cracker crumbs  
1/4 cup of sugar  
1/2 cup softened butter

Combine all ingredients in a small mixer bowl.  
Press firmly in bottom of pan.

Filling: 14 ozs sweetened condensed milk  
2 eggs  
2 teaspoons pumpkin pie spice  
8 oz pkg cream cheese

14 oz can of pumpkin  
1/2 teaspoon salt  
1 cup chopped nuts

In large mixer bowl beat cream cheese until fluffy. Gradually beat in sweetened condensed milk, eggs, pumpkin, spice and salt; mix well. Pour over crust. Sprinkle nuts on top. Bake 45-50 minutes or until set. Cool. Chill, cut into bars. Store in the refrigerator.

Amy Glossner  
Houghton, NY

Allegany County  
Age 10 - Junior Division

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### SAUSAGE-CHEESE BALLS

Featured Food: Cheese

8 ozs cooked & crumbled turkey sausage  
8 ozs (2 cups) grated sharp cheddar cheese  
1 cup flour  
1/4 teaspoon salt  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/3 cup buttermilk

Grate cheese into a large bowl. Add crumbled turkey sausage, flour, salt, powder, soda, and mix well. Add buttermilk and mix until all ingredients are moist. Roll into 1" balls and place on a lightly greased cookie sheet.

Bake at 400 degrees for 12-15 minutes or until golden brown.

Best served warm or can be cooled and then reheated.

Ann Saladyga  
Cuba, NY

Allegany County  
Age 9 - Junior Division





# Cayuga County

## APPLESAUCE DROP COOKIES

Featuring: Apples

1 cup shortening  
2 cups sugar  
2 eggs  
3 cups white flour  
1/2 cup wheat flour  
1 teaspoon baking powder

2 teaspoons soda  
2 teaspoons cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
2 cups oatmeal  
2 cups applesauce

Cream together shortening and sugar; stir in eggs. In separate bowl mix together white flour, wheat flour, baking powder, soda, cinnamon, cloves and nutmeg; mix in oatmeal. Add to creamed mixture in three proportions alternately with applesauce in two proportions; beat well. Drop by teaspoonfuls onto baking sheet. Bake at 375° about 15 minutes. Yields: 6 dozen cookies.

Jennifer Utter  
King Ferry, NY

Cayuga County  
Age: 17

## SPINACH SALAD

Featuring: Spinach

2 cups spinach  
1 cup lettuce  
3 eggs, hard-boiled

4 bacon slices  
1 small onion  
1/2 cup mushrooms (drained)

### Italian Dressing:

3/4 cup salad oil  
1/8 cup vinegar  
1/8 cup grated parmesan cheese  
2 teaspoons sugar  
1/2 teaspoon salt

1/2 teaspoon celery salt  
1/4 teaspoon pepper  
1/4 teaspoon dry mustard  
1/8 teaspoon paprika  
1/8 teaspoon garlic powder

Put dressing ingredients together, shake and chill about 1 hour. Tear spinach and lettuce; slice eggs; add eggs, bacon, onion and mushrooms. Toss and add dressing.

Emmy Moss  
Skaneateles, NY

Cayuga County  
Age: 11

## CHICKEN DIVINE

Featuring: Cheese

2 cups cooked, diced chicken breast  
1 box (10 oz) frozen chopped broccoli  
2 tablespoons oleo  
4 tablespoons flour

2-1/3 cups chicken broth  
1 (4 oz) can mushroom pieces  
(drained)  
1 cup part skim milk mozzarella  
cheese (shredded)

Cook chicken and reserve broth. Microwave broccoli 5 minutes on high. Drain. In sauce pan melt oleo, add flour and stir. Add broth and cook until thickened. Add mushroom pieces. Place chicken in 6" x 10" dish. Cover with broccoli. Pour sauce over broccoli. Sprinkle with cheese. Bake at 350° for 30 minutes. Serve with rice.

Tammy Middleton  
Weedsport, NY

Cayuga County  
Age: 15



### BEEF SANDWICH SQUARES

1 pound ground beef  
1/4 cup small onion, chopped  
1/4 cup catsup  
1/2 teaspoon salt  
chopped peppers  
1 - 10 oz package corn bread mix  
1 - 8½ oz can cream style corn  
3/4 cup shredded American cheese  
2 eggs

Featuring: Cheese

2 tablespoons milk  
1/2 cup shredded American Cheese  
2 tablespoons cold water  
2 teaspoons cornstarch  
1 - 8 oz. can stewed tomatoes,  
sliced or cut  
1/4 cup chopped green pepper  
1 teaspoon Worcestershire sauce

Cook ground beef and onion until meat is brown and onion tender. Drain fat. Stir in catsup, salt and a bit of chopped pepper. Set aside. In bowl combine bread mix, corn, cheese, eggs and milk. Stir until combined well. Spread half of mixture into greased 8" x 8" x 2" pan. Spoon beef mixture on top and cover with remaining batter. Sprinkle with rest of cheese. Bake at 350° for 30 minutes or until done. Let stand 5 minutes. Meanwhile, combine water and cornstarch in small saucepan. Stir in undrained tomatoes, peppers and worcestershire sauce. Cook and stir until thickened and bubbly. Cook and stir 2 minutes longer. Serve warm on top of each square. Makes 6 servings.

Tina Czolowski  
Auburn, NY

Cayuga County  
Age: 16

### BEEF STUFFED SHELLS

9 Jumbo shells (cooked)  
1/4 pound ground beef  
1/4 pound pork sausage  
1/4 cup herb bread crumbs  
1 tablespoon chopped onion  
1/8 teaspoon oregano

Featuring: Beef

1/8 teaspoon salt  
1/4 cup mozzarella cheese, shredded  
1 egg (slightly beaten)  
1 cup spaghetti sauce  
Parmesan Cheese

Cook jumbo shells according to box directions. Brown beef and sausage. Drain. Add next 5 ingredients; add beaten egg and mix. Cover bottom of dish with sauce. Fill shells open side down. Cover shells with rest of sauce. Sprinkle with Parmesan cheese. Cover with foil and bake 30 minutes in 350° oven. Serves 3.

Megan Middleton  
Weedsport, NY

Cayuga County  
Age: 9

### DEVILED EGGS SUPREME

1 dozen hard-boiled eggs  
1 tablespoon mustard  
1 tablespoon parmesan cheese, grated

Featuring: Eggs

1 tablespoon green tomato relish  
1 teaspoon paprika

Peel, slice in half and remove yolks from hard-boiled eggs; combine yolks, mustard, parmesan cheese and relish. Spoon yolk mixture into egg halves and sprinkle with paprika. Decorate large plate with deviled eggs and the following:

12 large spinach leaves  
1 large tomato  
12 pumpernickel crackers

4 stone ground crackers  
1 artichoke with cream cheese in  
middle

Jonathan Kerrick  
Moravia, NY

Cayuga County  
Age: 17



# Genesee County

## CARROT MUFFINS

Featuring: Carrots

1/2 cup brown sugar  
1 egg  
1/3 cup oil  
3/4 cup milk  
1/2 cup whole wheat flour  
1-1/4 cup white flour  
2 teaspoons baking powder  
2 teaspoons cinnamon

3/4 cup grated carrot  
1/3 cup chopped nuts  
muffins liners

topping:  
2 Tablespoons granulated sugar  
1/4 teaspoon cinnamon

Stir brown sugar, egg, oil, and milk, until sugar is dissolved. Mix flour, baking powder, and cinnamon in a separate bowl. Pour the flour mixture into sugar mixture and blend well. Add the grated carrot and nuts and stir just until mixed in evenly. Line muffin tin with paper and fill each cup about 2/3 full of mixture. Sprinkle topping. Bake at 400 degrees for 20 minutes. Makes 8 to 10 muffins.

Ruth Yousey  
Darien, NY

Genesee County  
Age 8

## STIRRED - BEEF AND PEPPERS

Featuring: Beef & Peppers

4 servings of long grain rice  
1 pound of round bottom, round steak  
3 Tablespoons of soy sauce  
2 Tablespoons of red wine vinegar  
4 teaspoons of cornstarch  
1/4 teaspoon of sugar

1/8 teaspoon of ginger  
1/2 cup salad oil  
1/2 pound of mushrooms  
2 medium onions, quartered  
2 small green peppers, cut in chunks  
1/2 teaspoon of salt

Prepare rice. Cut steak lengthwise in half. Then cut each piece diagonally against the grain, into paper thin slices. Mix soy sauce and next four ingredients. Add beef and toss lightly to coat. Set aside. Put fry pan on high. In hot salad oil, cook mushrooms, onions, peppers and salt stirring quickly until vegetables are tender crisp (6minutes). Spoon into bowl, leave oil. Add meat, stir two minutes until it loses its pink color. Add vegetables and stir fry until hot.

Connie Shea  
Oakfield, NY

Genesee County  
Age 14

### FRESH APPLE POUND CAKE

3 cups unsifted flour  
1 teaspoon baking soda  
1 teaspoon salt  
1-1/2 cup corn oil  
2 cups granulated sugar  
3 eggs

### Featuring: Apples

2 teaspoons vanilla  
2 cups finely chopped, pared  
apple  
1 cup chopped (medium fine)  
pecans  
1/2 cup firmly packed light  
brown sugar  
1/2 cup butter or margarine  
2 teaspoons milk

Grease and flour a 10 by 4 inch bundt pan. Thoroughly stir together the flour, baking soda and salt. In large bowl of electric mixer, at medium speed, beat together the oil, granulated sugar, eggs and vanilla until combined. Gradually beat in flour mixture until smooth. Fold in apples and pecans. Turn into a prepared pan.

Bake in a preheated 325 degree oven until a cake tester inserted in center comes out clean, about 1 hour and 20 minutes. Place cake in pan on a wire rack to cool.

When cool, in a small saucepan, stirring constantly, bring the butter, brown sugar, and milk to a boil; boil two minutes. With a small spatula, loosen cake edges and around tube. Turn out on a plate. Allow frosting to cool until thick like molasses. Spoon onto cake allowing it to run down the sides. Cool completely.

Fay Fuerch  
Bergen, NY

Genesee County  
Age 12

### IMPOSSIBLE BACON PIE

12 slices bacon - fried crispy  
1 cup shredded Swiss Cheese  
1/3 cup chopped onion  
2 cups milk

### Featuring: Eggs & Cheese

1 cup baking mix  
4 eggs  
1/4 teaspoon salt  
Pepper (sprinkle)

1. Heat oven to 400 degrees
2. Grease 10" pie plate
3. Sprinkle bacon, cheese and onion in plate.
4. Beat remaining ingredients until smooth, 15 seconds in a blender on high or 1 minute with hand beater.
5. Pour into plate.
6. Bake 30-35 minutes
7. Cool 5 minutes - 6 servings

Colleen Schafer  
Corfu, NY

Genesee County  
Age 10



**DELIGHTFUL APPLE DANISH BARS****Featuring: Apples****Crust:**

2½ cups flour  
1/2 teaspoon salt  
1 cup vegetable shortening  
1 egg yolk (save whites)  
1/3 cup milk (enough to make crust pliable)

**Filling:**

6 apples, peeled and sliced  
3/4 cup sugar  
1 teaspoon cinnamon  
1/4 cup raisins (optional)

Glaze: 1/2 cup confectioners sugar  
2 Tablespoons milk

Preheat oven to 400 degrees F.

Grease a cookie sheet (that has sides) with vegetable shortening.

To make crusts: Cut together flour, shortening and salt until coarse.  
Beat together egg yolk and milk  
Add liquid to flour mix  
Mix until moistened, then divide into 2 equal balls  
Roll out one ball to approximately 1/8 inch thick  
Place into prepared cookie sheet.

To make filling: Combine apples, sugar, cinnamon and raisins.  
Place on crust.

Roll out other crust.

Place over apples, pinch top and bottom crust together.

Whip egg whites until peaks almost form.

Brush egg whites over top crust.

Bake 45 minutes in 400 degree F oven.

When cool, combine confectioners sugar and milk and  
drizzle over top in a criss-cross pattern.

Laura Klossner  
Darien, NY

Genesee County  
Age 16

**STUFFED PEPPERS****Featuring: Beef & Peppers**

3 large green, red, or yellow peppers  
1/2 pound ground beef  
1 Tablespoon chopped onion  
1/2 cup cooked rice

1/2 teaspoon salt  
1/8 teaspoon garlic powder  
7 ounces tomato sauce  
1/2 cup shredded cheese

Wash peppers, cut thin slice from stem end of each pepper. Remove seeds and membranes. Place peppers in container, cut-side up and cover with vented plastic wrap. Microwave on hot for 3 minutes. Mix uncooked ground beef, onion, cooked rice, salt, garlic powder, and 1/2 of the tomato sauce. Stuff each pepper with the beef mixture. Pour rest of the tomato sauce over the peppers. Cover with the vented plastic wrap and microwave on hot for 6 minutes. Rotate plate, then microwave 6 more minutes. Sprinkle with cheese before serving.

Sarah Strzelec  
Corfu, NY

Genesee County  
Age 12

# Livingston County

## LASAGNA CASSEROLE

1 pound ground beef  
1 teaspoon onion flakes  
1 15 ounce can tomato sauce  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon oregano

Featuring: beef

1/4 teaspoon basil  
1 clove garlic, minced  
or 1/8 teaspoon powdered garlic  
4 cups noodles, cooked and drained  
1 cup sour cream  
1 cup cottage cheese

Brown and drain beef. Stir in onion flakes, tomato sauce, salt, pepper, oregano, basil, garlic and onion. Stir well and simmer on stove or microcook 5 minutes on high. Combine noodles, sour cream, cottage cheese. Lightly grease a 2 quart casserole pan. Alternately layer noodle mixture with meat mixture in casserole pan. Bake at 350 degrees for 25-30 minutes or microcook 10-15 minutes on high.

Margaret Smith  
Caledonia, NY

Livingston County  
Age 9

## APPLE MUFFINS

1/2 cup oil  
1 cup sugar  
3/4 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 cup white flour  
1/2 cup whole wheat flour

Featuring: apples

1/2 cup apple sauce  
1/2 cup chopped apple, skin on  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1 teaspoon allspice  
1 egg  
1/2 cup raisins

Put ingredients in a bowl in the order given; do not over beat. Divide mixture into 12 muffin cups. Bake at 375 degrees for 15-20 minutes.

Melissa Parnell  
Piffard, NY

Livingston County  
Age 9



## CARROT PECAN CRUNCH PIE

1 cup flour  
1/2 teaspoon salt  
1/3 cup plus 1 tablespoon shortening  
1/8 cup water  
1 1/2 pounds fresh carrots, cut up  
2 eggs beaten

Featuring: carrots

1 14 ounce can sweetened condensed milk  
1 tablespoon pumpkin pie spice  
dash of salt  
1/2 cup packed brown sugar  
1/3 cup margarine  
1 cup chopped pecans

Measure flour and salt into bowl. Cut in shortening thoroughly. Sprinkle with water, a little at a time, mixing until all flour is moistened and dough almost cleans side of bowl. Gather dough into ball; shape into flattened round on lightly floured board or waxed paper. With floured stockinet covered rolling pin, roll dough 2 inches larger than inverted 9" pie pan. Roll pastry onto rolling pin and unroll pastry easing into pan. Trim overhanging edge of pastry 1" from rim of pan. Fold and roll overhanging pastry under, even with pan. Flute edge of pastry. Fill and bake as directed in recipe.

Cook fresh carrots, covered, in 2 cup water, 30-40 minutes or until very tender. Drain. Puree cooked or canned carrots in a blender till smooth. In a large mixing bowl, combine eggs, sweetened condensed milk, pumpkin pie spice and salt. Add carrots; mix well. Turn into pastry shell. In a small bowl, combine brown sugar and margarine; stir in pecans. Sprinkle evenly over pie. Cover edge of pie with foil. Bake in 375 degree oven for 25 minutes. Remove foil; bake 20-25 minutes more or till a knife inserted near center comes out clean. Cool completely on wire rack. Make 8 servings.

Sarah Twamley  
Avon, NY

Livingston County  
Age 13





### PUMPKIN CHEESECAKE BARS

1/2 cup white flour  
1/2 cup whole wheat flour  
1/3 cup brown sugar  
5 tablespoons butter  
1/2 cup chopped nuts  
1 package (8 ounce) cream cheese

Featuring: pumpkin

3/4 cup sugar  
1 cup pumpkin  
2 eggs, beaten  
1 1/2 teaspoon cinnamon  
1 teaspoon allspice  
1 teaspoon vanilla

Combine flour and brown sugar in bowl. Cut in butter to make a crumb mixture. Stir in nuts. Set aside 3/4 cup of mixture for topping. Press remaining mixture into bottom of 8x8" baking pan. Bake at 350 degrees for 15 minutes. Cool slightly. Combine cream cheese, sugar, pumpkin, eggs, cinnamon, allspice and vanilla in large mixer bowl. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake 30-35 minutes.

Stacy Clark  
Piffard, NY

Livingston County  
Age 12

### OLD FASHIONED CRUMB PIE

2/3 cup sugar  
2 tablespoons flour  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
4 cups peeled, cored, sliced apples  
1/2 cup flour  
1/2 cup oatmeal

Featuring: apples

1/4 cup butter or margarine  
1/4 cup packed brown sugar  
Crust: 2 1/2 cups flour  
2 teaspoons sugar  
1/4 teaspoons baking powder  
3/4 cup shortening  
1 egg

Preheat oven and baking sheet to 400 degrees. In a large bowl, combine sugar, flour, cinnamon and nutmeg; mix well. Add apple slices; mix until apples are coated; spoon into pie shell. For crumb topping, combine flour, oatmeal, butter and brown sugar until crumbly. Sprinkle topping over apples. Place pie on baking sheet and bake at 400 degrees for 30-40 minutes. Cool 1 hour before serving. To make pie crust: beat egg yolk and add cold water to make 1/2 cup. Mix flour, sugar, baking powder and shortening with pastry blender. Pour in egg yolk and mix. Divide into 2 sections and roll into balls; roll out in waxed paper or saran wrap. Fit into pie plate.

Dawn Linsner  
Groveland, NY

Livingston County  
Age 9

### BERRY HALO

1/2 prepared angel food cake  
2 small bananas  
2 tablespoons lemon juice  
3 6 ounce cartons nonfat strawberry yogurt

Featuring: strawberries

1 cup prepared whipped topping  
2 1/2 cup sliced strawberries, fresh or frozen  
2 tablespoons wheat germ  
1-2 tablespoons grapenut cereal

Cut or tear cake into 3/4 inch pieces. Slice bananas into lemon juice. In a 2 quart glass bowl, layer half of each in this order: cake pieces, yogurt, whipped topping, strawberries, banana, wheat germ. Repeat. Sprinkle with grapenuts. Refrigerate until firm, at least 2 hours.

Emily Clasper  
Livonia, NY

Livingston County  
Age 12



# Monroe County

## HARVEST BREAD

Featured Product: Sweet Potatoes

1 cup flour  
1/2 cup plus 2 tablespoons whole wheat flour  
1 teaspoon baking soda

2 teaspoons cinnamon  
1 teaspoon nutmeg  
3/4 cup sugar  
1/3 cup pear juice (I use baby food)  
1 cup pureed sweet potatoes  
1/2 cup oil  
1 egg and 1 egg white beaten  
1 cup raisins  
1/2 cup chopped walnuts

1. Preheat oven to 350 degrees.
2. Grease 3 small foil loaf pans or one regular 9 x 5 inch loaf pan.
3. In a large bowl stir together dry ingredients (flours, baking soda, cinnamon, nutmeg, sugar).
4. Make a well in the center of dry ingredients and pour in pear juice, sweet potatoes, oil and eggs.
5. Blend.
6. Stir in raisins and chopped walnuts.
7. Pour into prepared pans.
8. Bake 40 minutes for small loaves or 1 hour for one loaf. Check with toothpick for doneness.
9. Cool and wrap until serving.

I like to make the small loaves and add a bow and give the harvest bread as a gift.

Richard Cardot  
Henrietta, New York

Senior Division  
Age 13

## CHERRY SWIRL COFFEE CAKE

Featured Product: Cherries

1 1/2 cups sugar  
1/2 cup margarine  
1/2 cup shortening  
1 1/2 teaspoon baking powder  
1 teaspoon vanilla  
1 teaspoon almond extract  
4 eggs  
3 cups flour  
1 can (21 oz.) cherry pie filling

1. Heat oven to 350 degrees. Grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, or two baking pans 9 x 9 x 2 inches.



### CHERRY SWIRL COFFEE CAKE - Cont.

2. Beat sugar, margarine, shortening, baking powder, vanilla, almond extract and eggs in large mixing bowl. Beat at high speed. Stir in flour.
  3. Spread 2/3 of batter in jelly roll pan or 1/3 in each square pan. Spread pie filling over batter.
  4. Drop remaining batter by tablespoonfuls onto pie filling. Bake until brown about 45 minutes.
  5. Drizzle with glaze while warm. Cut cake in jelly roll pan into bars, cut cake in square pan into squares. Yield - 30 bars or 18 squares.
- Glaze - Beat 1 cup powdered sugar and 1 to 2 tablespoons milk until smooth and of desired consistency.

Mandie Holahan  
Henrietta, New York

Junior Division  
Age 10

### CHEESE AND BROCCOLI QUICHE

Featured Dairy Product: Cream

Crust: Temp: 350° - 1 Hour

3 oz. cream cheese - at room temperature  
1/4 pound butter - at room temperature  
1 cup flour

1. Cream cheese and butter together.
2. Add flour and mix.
3. Press into 10-inch greased pie plate.

#### Filling:

1/4 cup chopped green onion  
1/2 cup sliced fresh mushrooms  
3 tablespoons butter  
5 eggs  
1 cup half and half  
1/2 cup milk

1 teaspoon salt  
dash of ground pepper  
4 oz. Swiss cheese grated  
1 - 10 oz. pkg. frozen chopped  
broccoli, cooked and drained  
1/2 cup diced tomatoes (optional)

1. Saute onions and mushrooms in butter until soft.
2. In blender, combine eggs, half and half, milk, salt and pepper.
3. Place mushrooms and onions in bottom of pie crust. Sprinkle with cheese. Add broccoli and tomatoes.
4. Pour egg and milk mixture over all and bake. Bake at 350° for one hour.
5. Let set 5 minutes before serving.

Lori Stone  
Spencerport, New York

Senior Division  
Age 13

### JAPANESE IN A JIFFY

Featured Product: Beef

- 1 1/4 pound sirloin steak
- 1/3 cup vegetable oil
- 2 cups water
- 1 medium onion cut into 1/4 inch slices
- 1 teaspoon garlic salt
- 1/2 teaspoon ground ginger
- 2 medium green peppers cut into strips
- 2 tablespoons cornstarch
- 4 teaspoons sugar
- 4 tablespoons soy sauce
- 2 medium tomatoes

instant rice to serve 4

1. Trim fat from beef and cut beef into strips.
2. Heat oil in large skillet or wok.
3. Add beef to oil and cook about 5 minutes, turning frequently until beef is browned.
4. Stir in water, onion, garlic salt, and ginger.
5. Heat to boiling, reduce heat, cover and simmer about 5 minutes.
6. Add green pepper and simmer another 5 minutes.
7. Prepare instant rice per package directions for 4 servings.
8. Blend cornstarch, sugar and soy sauce.
9. Stir cornstarch mixture into beef mixture.
10. Boil and stir one minute.
11. Cut each tomato into eighths and place on beef mixture.
12. Heat about 3 minutes.
13. Serve over rice.

Kimberly Cardot  
Henrietta, New York

Senior Division  
Age 16

### HAM AND CHEESE LOAF

Featured Product: Pork, Cheese

Bread Dough:

- 3 1/2 cups all-purpose flour
- 1/2 cup old-fashioned oats
- 1 package yeast
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons margarine
- 1 1/2 cups warm tap water (120 - 130 F.)

Filling:

- 4 cups sliced in thin strips ham
- 1/2 cup sharp cheese (sliced in thin strips)
- 1/2 cup sharp cheese (shredded)
- 1/2 cup cheddar cheese (sliced in thin strips)
- 1/2 cup cheddar cheese (shredded)



## HAM AND CHEESE LOAF - Cont.

### Soup Filling:

10 ounces frozen or fresh cauliflower separated into flowerettes  
1 cup water  
1/4 cup chopped onion  
3 1/2 teaspoons, chopped butter or margarine  
1/3 cup unsifted flour  
1 cup milk  
1 1/2 chicken bouillon cubes  
1/2 cup sharp cheese (shredded)  
1/2 cup cheddar cheese (shredded)  
1/8 teaspoon ground nutmeg

### Topping:

1 egg white

1. In a large bowl mix 1 1/2 cups flour, oats, yeast, sugar and salt thoroughly.
2. Add margarine, and tap water and stir vigorously until well blended. Stir in 1 1/2 more cups of flour and let the dough sit 5 minutes. During this time start chopping the ham and grating the cheese.
3. After 5 minutes knead the dough 8 to 10 minutes until smooth. Let rest 20 minutes, covered loosely. While the dough is resting prepare the soup.
4. In medium sauce pan, cook cauliflower in 1/2 cup water until tender. Reserve 1 cup cooked flowerettes.
5. In blender or food processor, blend remaining cauliflower and liquid; set aside.
6. In large, heavy sauce pan, cook onion in margarine until tender; stir in flour.
7. Gradually add remaining 1/2 cup water, milk and bouillon; cook and stir until well blended and slightly thickened. Add cheese, pureed cauliflower, reserved flowerettes, and nutmeg. Cook and stir until cheese melts and mixture is hot.
8. Finish cutting ham and grating cheese. Punch down dough cut in half roll out each half into a rectangle approximately 16" x 9" - cut strips 1/2 to 1 inch wide all the way around in 2 inches.
9. Place half the ham in the center, pour half the soup on top and cover with half the cheese.
10. Fold the cut ends up over the top to give a braided look. Repeat with the other loaf.
11. Brush the top of the loaves with egg. Bake for 30-40 minutes at 375 degrees or until done. If preferred you can save half the dough in refrigerator for one week. Makes 2 loaves.

Carolyn Maddison  
Fairport, New York

Senior Division  
Age 14

## APPLE BROCCOLI SALAD

Featured Product: Broccoli

- 1 bunch of broccoli cut into bite size pieces
- 1/4 medium red onion sliced
- 1/2 cup raisins
- 1/2 large carrot shredded
- 1 large red apple chopped
- 6 slices of crumbled bacon
- 1/2 cup mayonnaise
- 2 tablespoons sugar
- 1 tablespoon vinegar

1. In microwave (or fry on stove) cook bacon until crisp. Place on paper towel to drain.
2. Cut broccoli into bite size pieces and place in mixing bowl.
3. Slice onion and sprinkle over broccoli. Add raisins.
4. Dice apple and add to bacon mixture.
5. Shred carrots over broccoli mixture.
6. Crumble bacon over broccoli mixture.
7. Mix together mayonnaise, sugar and vinegar. Pour over broccoli mixture. Mix together thoroughly. Serves 4-6.

Janell Yanik  
Spencerport, New York

Junior Division  
Age 11





## Niagara County

### CHEESY PASTA SHELLS

Featured: Cheese

24-26 Jumbo pasta shells  
1-15 oz. container ricotta cheese  
1 1/2 c. shredded mozzarella cheese  
1/2 c. grated Parmesan cheese  
1 qt. spaghetti sauce  
1/4 c. grated Parmesan cheese

1 egg, beaten  
1 T. chopped parsley  
1/8 t. nutmeg  
1/8 t. pepper  
1/4 t. salt

Bring 4 quarts of water to boil. Add 1 T. salt. Cook pasta shells 10-12 minutes. Drain and rinse in cool water. Mix ricotta, mozzarella and parmesan cheeses. Add beaten egg, parsley, nutmeg, salt and pepper. Mix. Pour 1 c. tomato sauce in bottom of 9" x 13" pan - spread to cover bottom. Stuff shells with cheese mixture and place cheese side down in sauce. Cover with remaining sauce and sprinkle with 1/4 c. grated Parmesan cheese. Bake covered with foil for 30 minutes at 350 F. Uncover and bake for 15 minutes more. Serves 5-6 people.

Katie Williams  
Gasport, NY

Niagara County  
Age 10

### STUFFED CELERY

Featured: Celery

8 stalks of washed and cleaned celery  
1-8 oz. package of cream cheese (crumbled)  
2 ounces of blue cheese  
1/2 teaspoon of Worcestershire sauce

1 teaspoon sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon of garlic powder  
1/4 cup finely ground walnuts (for garnish)

Wash and clean eight stalks of celery, cut off ends about 1" from the end to look more uniform. Lay on a paper towel or dish towel to drain, then pat dry. Unwrap cream cheese and put on a dish and microwave on high for 20 seconds to soften. Mix with a wooden spoon or electric mixer to make creamy. Measure salt, pepper, sugar, garlic powder, Worcestershire sauce and mix into cream cheese. Crumble blue cheese and fold in with a wooden spoon. With a table knife fill each stalk of celery level full, sprinkle with chopped nuts and cut into 1" pieces (bite size) and arrange on a serving tray.

\* Stuff celery just before serving because it has a tendency to get watery if made too far ahead of serving time.

Brian Wheat  
Lockport, NY

Niagara County  
Age 7



### STUFFED PEPPERS

1 qt. water  
2 peppers (red, green or yellow)  
1/2 cup rice  
1 cup water  
1/2 cup chopped onions  
1 t. margarine  
1/2 lb. ground beef

Featuring: Peppers

1 egg  
Seasonings: (1/4 t. of each),  
pepper, thyme, basil, parsley  
and garlic powder  
1/2 cup spaghetti sauce  
1/2 cup grated cheese  
1/8 cup Parmesan cheese  
1/2 cup water

Boil quart of water in saucepan. Clean peppers and parboil (put peppers in boiling water) then drain on paper towel. Place rice and water on to cook for 20 minutes, stirring occasionally. Chop onions and saute in margarine. Stir in ground beef with onions and rice. Stuff this mixture in the peppers. Pour spaghetti sauce and cheeses over peppers. Grease a baking pan and pour water on the bottom so the peppers will not burn. Bake at 350 for 30 minutes.

Garnish (optional) with a bed of rice and parsley.  
Serves 2-4. Calories per serving (1/2 pepper) 200.

Julie Ferguson  
Lockport, NY

Niagara County  
Age 16

### PEAR CAKE

1 cup sugar  
1 1/2 cups vegetable oil  
3 eggs  
3 cups unbleached all purpose flour  
1 teaspoon cinnamon  
1 teaspoon salt

Featuring: Pears

1 teaspoon baking soda  
2 teaspoons vanilla  
2 cups flaked coconut  
1 cup chopped dates  
3 cups canned pears, diced  
1 cup pecans, chopped

Cream together sugar and oil. Add eggs, one at a time, mixing well after each addition. Set aside. Sift flour, cinnamon, salt and soda. Then add to creamed mixture. Add vanilla, mix. Add coconut, dates, pecans and pears, stirring by hand (batter will be thick). Pour into greased and floured bundt pan. Bake at 325 for 1 1/2-2 hours or until cake tests done with a wooden pick inserted in center. Cool on rack until cake shrinks from sides of pan; remove from pan to complete cooling. After the cake is completely cooled, sprinkle confectionary sugar on the top of the cake.

Sara Lynn Rosenthal  
Gasport, NY

Niagara County  
Age 14



### HARVEST APPLE CAKE

Featuring: Apples

4 cups apples chopped and peeled (about 5)	2 teaspoons of baking soda
2 eggs	1 teaspoon of salt
1 2/3 cup of sugar	2 teaspoons of cinnamon
1/2 cup oil	1 teaspoon of vanilla
2 cups of flour (sifted)	1 cup of chopped nuts (if desired)
	(I did not use the nuts)

Wash, core and peel apples. Then chop finely by first cutting into quarters, and then chopping with a chopper. Break eggs and mix together with a fork. Pour eggs over apples, stir in. Add oil and sugar. Measure and sift all dry ingredients. Add dry ingredients and vanilla to apples and eggs, and STIR with a wooden spoon. DO NOT USE MIXER. Pour into a greased and floured 11" x 7" pan. Bake at 350 for 45 minutes. DO NOT OVER BAKE. Cool cake 10 minutes. Take out of pan and cool. Using confectionary sugar sprinkle over top of 2 paper doilies set on top of cake for a pretty looking cake.

\* Note: You can use a 9" x 13" pan, but the 11" x 7" gives you a thicker cake.

Julie Wheat  
Lockport, NY

Niagara County  
Age 12

### GINGER SPICED CHICKEN

Featuring: Chicken

1 lb. skinned, boned chicken breast, cut into strips  
1/4 teaspoon minced garlic  
2 tablespoons oil  
1 large red pepper, cut into thin strips  
1 large green pepper, cut into thin strips  
1 cup sliced mushrooms  
3/4 cup water  
1 tablespoon cornstarch  
3 tablespoons soy sauce  
1/2 teaspoon ground ginger  
1 chicken bouillon cube  
1 1/2 cups rice  
1/3 cup cashews

Saute chicken and garlic in oil until lightly browned, about 4 minutes. Stir in peppers and mushrooms. Cook and stir until crisp-tender, 2-3 minutes. Combine water, soy sauce and cornstarch in small bowl, stirring until smooth. Stir into chicken mixture. Add ginger and bouillon cube. Cook and stir over medium heat until mixture thickens and comes to a boil. Cook 1 minute. Spoon over rice and sprinkle with nuts.

Jessica Berner  
Gasport, NY

Niagara County  
Age 10



# Ontario County

## SCOTT'S MICROWAVE NUTTY APPLE

TEMP: Microwave on High

FEATURED FOOD: Apples

TIME: 3-4 minutes

- 4 small red or golden delicious apples, cored
- 2 teaspoons firmly packed brown sugar, divided

- 4 teaspoons chunky peanut butter
- 2 teaspoons ground cinnamon
- 4 teaspoons raisins (optional)

1. Place cored apples into 6 oz. custard cups.
2. Sprinkle apple core cavities with 1/4 teaspoon brown sugar.
3. Fill apple cavities with 1 teaspoon chunky peanut butter.
4. Top apples with 1/4 teaspoon brown sugar.
5. Sprinkle 1/4 teaspoon ground cinnamon on top of apples.
6. Garnish with 1 teaspoon raisins, if desired.
7. Bake in microwave 3-4 minutes on high, baking one apple dish at a time.

Scott Topel  
Holcomb, NY

Ontario County  
Age 8  
Junior Division

## ZUCCHINI CASSEROLE

TEMP: 350°F

FEATURED FOOD: Zucchini

TIME: 30 minutes

- 4 cups sliced zucchini squash
- 1/2 cup chopped onion
- 1/4 cup water
- 2 Tablespoons corn-oil margarine

- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 egg, slightly beaten
- 1 cup coarse cracker crumbs
- 3 Tablespoons corn-oil margarine

1. Combine zucchini and onion in saucepan. Add water, cover and cook until tender, about 15 minutes.
2. Drain well. Mash zucchini; add margarine and seasoning.
3. Cool. Add egg and mix thoroughly.
4. Pour into greased 1 quart baking dish.
5. Top with cracker crumbs that have been browned in the 3 Tablespoons margarine.
6. Bake in 350°F oven for 30 minutes.

Julie Yerkes  
Stanley, NY

Ontario County  
Age 13  
Senior Division



**APPLE DELIGHT**  
TEMP: 350°F

FEATURED FOOD: Apples  
TIME: 30-35 minutes

- 3 cups peeled and diced apples
- 3 Tablespoons shortening
- 1 cup sugar
- 1 egg
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon

- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda
- 1 cup pre-sifted flour
- 1/2 cup chopped walnuts
- 1/2 cup seedless raisins
- 1 teaspoon vanilla

1. Prepare apples and set aside.
2. Combine shortening, sugar and eggs. Mix well.
3. Add dry ingredients and mix.
4. Stir in apples, vanilla, nuts and raisins. Batter will be stiff.
5. Bake in a greased and floured 9 X 9 inch pan for 30-35 minutes.

FROSTING

- 1 cup non-dairy whipped topping
- 3/4 cup dry creamy white frosting mix
- chopped walnuts
- nutmeg

1. Combine whipped topping and frosting mix. Stir until thoroughly blended.
  2. Spread on cooled cake.
  3. Garnish with chopped walnuts and sprinkle with nutmeg.
  4. Enjoy.
- Yield: 9 servings.

Jennifer Calloway  
Phelps, NY

Ontario County  
Age 10  
Junior Division

**APPLE CRISP**

TEMP: Microwave on high

FEATURED FOOD: Apples  
TIME: 15 minutes

- 4 cups sliced, peeled apples
- 2 Tablespoons lemon juice
- 1/2 cup packed brown sugar
- 1/2 cup uncooked quick oats
- 1/4 cup all purpose or whole wheat flour

- 1/4 cup margarine or butter
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg

1. Place sliced apples in 1 quart casserole. Sprinkle with lemon juice. Microwave on high until apples are tender-crisp, 2 1/2-4 minutes. Set aside.
2. Combine remaining ingredients in small bowl. Microwave on high until hot and bubbly, 1 1/2-3 1/2 minutes, stirring after half the cooking time.
3. Spread over apples. Microwave on high until apples are tender and topping is bubbly, 4-6 minutes.

Jamie Fisher  
Victor, NY

Ontario County  
Age 12  
Junior Division



**PARTY PARFAIT**

TEMP: Refrigerate

FEATURED FOOD: Cherries

TIME: 2 hours

1 package whipped topping mix  
1/2 cup milk  
1/2 teaspoon vanilla

1/4 cup sugar  
1 cup sour cream  
1 can lite cherry pie filling  
Parfait glass for serving

1. Prepare whipped topping mix with milk and vanilla as directed on package.
  2. Using mixer, add sugar at low speed.
  3. Gently fold in sour cream.
  4. Alternate layers of cherries and topping mixture in parfait glass.
  5. Refrigerate approximately 2 hours.
- Yield: approximately 8 servings.

Sara Marsh  
Canandaigua, NY

Ontario County  
Age 9  
Junior Division

**TOM'S APPLE TART**

TEMP: 400°F

FEATURED FOOD: Apples

TIME: 45-50 minutes

Pastry

8 Tablespoons butter  
1 1/2 cup flour, unsifted  
1/2 teaspoon salt  
1 Tablespoon sugar  
3-4 Tablespoons ice water

Tart Filling

4 or 5 twenty ounce  
apples, if available  
1/2 cup sugar  
2 Tablespoons butter

Glaze

1/4 cup red currant  
Jelly

1. Preheat oven to 400°F.
2. Cut butter into 1/4 inch pieces and refrigerate.
3. Mix flour, salt and sugar in a large bowl. Add cold butter and mix with your fingertips until mixture resembles coarse meal.
4. Add ice water and mix until it forms a ball. (Butter should be visible.)
5. Wrap in plastic wrap and chill for at least 1/2 hour. Let dough return to room temperature and roll out on a floured board to 12 inches in diameter and 1/8 inch thickness. Place in tart or quiche pan.
6. Melt jelly and coat the pastry shell to seal out moisture from the apples.
7. Peel, core and slice apples. Place slices in prepared shell. Arrange in concentric circles.
8. Sprinkle sugar over apples, and dot with butter. Bake for 45-50 minutes, or until the pastry is golden and apple slices are lightly browned.
9. Glaze tart with melted jelly after it is baked.
10. Serve warm or at room temperature.

Tom Molinow  
Holcomb, NY

Ontario County  
Age 10  
Junior Division



## Orleans County

### PETITE CHERRY CHEESECAKES

Featuring: Cherries

9-12 foil cups (or 24 of paper baking cups using double thickness)  
9-12 shortbread cookies (or vanilla wafers or coconut bars)

#### Filling

8 ounce pkg cream cheese  
(room temperature)  
1/4 cup sugar  
1 egg  
1/2 teaspoon vanilla

#### Topping

1 can cherry pie filling  
1/8 teaspoon almond extract

Cut up cream cheese and place in mixing bowl. Whip ingredients together. Fill cups 3/4 full. Bake at 375° for 15 minutes or until set. Cool. Mix almond extract with cherry pie filling. Top each Petite Cheesecake with a spoon of cherry filling.

Summer Torrance  
Brockport, NY

Orleans County  
Age: 8

### LAYERED MEAT LOAF

Featuring: Beef

1½ lbs. ground beef  
1½ teaspoon salt  
1/8 teaspoon pepper  
1 egg  
1/2 cup bread crumbs  
1/2 cup milk  
1 - 8 ounce can tomato sauce

Combine all ingredients except tomato sauce in a large mixing bowl. Blend well. In a 9 x 5 x 3" pan alternate meat and dressing layers starting and ending with meat mixture. (2 meat and 1 dressing layer)

#### Dressing

2 cups soft bread cubes  
1/2 cup chopped celery  
1 egg  
1 Tablespoon butter, melted  
1 Tablespoon minced parsley and minced onion  
1 teaspoon salt  
1/8 teaspoon pepper

Combine all ingredients in bowl. Form layered meat loaf. Bake at 350° for 50 to 60 minutes. Remove from oven. Pour tomato sauce over top. Replace in oven and bake 10 to 15 minutes more.

Amy Dermody  
Albion, NY

Orleans County  
Age: 15



### APPLESAUCE-NUT BREAD

Featuring: Apples

3/4 cup granulated sugar  
1 cup applesauce  
1/3 cup oil  
2 eggs (or 4 egg whites or  
egg substitute equivalent  
to 2 eggs)  
3 Tablespoons skim milk  
2 cups sifted all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
3/4 cup chopped pecans or walnuts

#### Topping

1/4 cup brown sugar  
1/2 teaspoon ground cinnamon  
1/4 cup chopped nuts

In a large mixing bowl, combine sugar, applesauce, oil, eggs and milk. Mix thoroughly. Sift flour, soda, baking powder, cinnamon, salt and nutmeg. Beat dry ingredients into the applesauce mixture until combined. Stir in nuts. Turn batter into well-oiled 9 x 5-inch loaf pan. Combine topping; sprinkle evenly over the batter. Bake at 350° for 1 hour. Cap loosely with foil after the first 30 minutes of baking. When done remove from pan and cool on rack.

Andy Houseman  
Lyndonville, NY

Orleans County  
Age 11

### CHEESECAKE DELIGHT

Featuring: Dairy Products

1½ cups graham cracker crumbs  
1/4 cup powdered sugar  
1 teaspoon allspice  
1/3 cup melted butter  
2 8 ounce pkg cream cheese  
2 eggs beaten slightly  
4 teaspoon vanilla  
1½ cups sour cream  
2/3 cup sugar  
2 teaspoon sugar

Mix cracker crumbs, powdered sugar, allspice and butter; press into pie pan. Cream the cream cheese; add eggs, 2/3 cup sugar and 2 teaspoon vanilla. Pour into crust. Bake at 375° for 20 minutes. Combine 2 teaspoon sugar with 2 teaspoon vanilla and sour cream and spread on top. Bake at 450° for 10 minutes longer and chill for several hours.

Theresa Mullen  
Albion, NY

Orleans County  
Age: 11



# DAIRY-NOODLE CASSEROLE

Featuring: Cheese

8 ounce pkg. medium width noodles  
(cook according to pkg. directions, drain and set aside)  
1 lb. hamburger (or sausage)  
2 Tablespoons green pepper (chopped)  
1/3 cup onion (chopped)  
2 Tablespoons butter  
16 ounce jar spaghetti sauce  
8 ounce pkg. cream cheese (softened)  
1 cup cottage cheese  
1/2 cup sour cream  
2 Tablespoons green pepper (chopped)  
2 Tablespoons onion (chopped)

Brown hamburger, pepper and onion in butter. Drain. Stir in spaghetti sauce. Heat while preparing cheese mixture. Blend cream cheese, cottage cheese, sour cream and chopped vegetables together. Place 1/2 noodles in a 2 quart casserole or 9 x 13" pan. Cover with cheese mixture. Add remaining noodles. Pour hamburger sauce over top. Bake at 350° for 30 to 40 minutes.

Ra'Ann Torrance  
Brockport, NY

Orleans County  
Age: 13

# POTATO PUFF BUNS

Featuring: Potatoes

2/3 cup shortening  
1/2 cup sugar  
1½ teaspoon salt  
2 eggs, beaten  
2 cups mashed white or sweet potatoes  
2 pkg. yeast, dissolved in 1/2 cup lukewarm water  
1 cup milk, scalded and cooled  
6 cups flour

Cream shortening, sugar and salt. Blend eggs, mashed potatoes and dissolved yeast into lukewarm milk. Stir into creamed mixture. Stir in flour; dough should be stiff. Place on floured board; knead thoroughly. Place in large covered bowl, and let rise until double in bulk. Pinch off dough, form into rolls. Place 2 inches apart on pan; cover; let rise. Bake at 350° for 25 minutes. Butter; turn out of pans.

Becky Mullen  
Albion, NY

Orleans County  
Age: 15



## Seneca County

### CHEESE, POTATO & EGG CASSEROLE

FEATURING: CHEESE, POTATOES  
& EGGS

1 - 3 ounce package cream cheese  
1/2 of 8 ounce jar cheese spread  
dash pepper  
6 eggs  
1 - 8 1/2 ounce can whole, white potatoes, drained and cut up  
2 ounces fully cooked ham, cut into strips (1/3 cup)

In one quart casserole, micro cook cream cheese, uncovered 15-20 seconds or until softened. Stir in cheese spread and pepper. Remove and reserve half of the mixture, set aside. Beat eggs and add to mixture in casserole. Mix well and stir in potatoes and ham. Cook uncovered for 6-7 minutes or until eggs are cooked, but still glossy and moist. After 3-5 minutes, lift and fold partially cooked eggs so uncooked portion flows underneath. Top with reserve cheese mixture and cook on high for 30 seconds or until cheese melts. Makes 4 servings.

Aaron Fischer  
Seneca Falls, NY

Seneca County  
Age 11

### BREAKFAST PUDDING PARFAIT

FEATURING: DAIRY PRODUCTS  
& FRUITS

1 1/4 cup milk  
8 ounce carton of vanilla yogurt  
3 3/4 ounce package instant pudding and pie filling mix - vanilla  
1 cup granola cereal  
1 sliced banana  
1/4 cup blueberries  
1/4 cup strawberries

First mix milk and yogurt for 2 minutes on low speed, then add pudding and mix for 1 minute. Put a few banana slices in bottom of parfait glass; cover with some of the yogurt mixture; sprinkle with granola. Next, put in blueberries, yogurt mixture and granola. Finally put in strawberries, more yogurt mixture and sprinkle with granola.

Karen VanRiper  
Interlaken, NY

Seneca County  
Age 11

## STIR FRY VEGETABLES

FEATURING: LAMB & VEGETABLES

2 tsp. cornstarch  
1 tsp. ground ginger  
1/4 tsp. garlic powder  
2 tsp. soy sauce  
2/3 cup water  
2 T. oil  
2/3 cup carrots, sliced  
2/3 cup celery, sliced  
2 cup broccoli flowerets and cut stems into slices  
1/3 cup rutabega strips  
1/3 cup red onions, sliced  
1 cup bean sprouts  
2/3 cup yellow squash, sliced  
1/3 cup cashews, unsalted  
2/3 cup fresh mushrooms  
1/3 cup water chestnuts, sliced  
1 cup cooked lamb cubes, marinated overnight in one envelope  
freshly mixed Italian dressing

1. Mix cornstarch, ginger, garlic powder, soy sauce and water in glass measuring cup and set aside.
2. Heat the oil in large frying pan with a lid.
3. When oil is hot, add rutabega, carrots, onions and celery and cook for 1 minute, stirring constantly.
4. Add broccoli and squash and cook 2 minutes, stirring constantly. The broccoli will turn bright green.
5. Add the liquid and continue cooking for 1 minute or until bubbly.
6. Add bean sprouts, mushrooms, water chestnuts, reduce heat, cover pan and cook for 2 more minutes. Stir in cashews and cooked lamb. Serve on bed or rice.

May substitute 1 cup cooked chicken strips (skin removed) for lamb.

Tricia Wolf  
Waterloo, NY

Seneca County  
Age 15

## CHEESE BALL

FEATURING: CHEESE

8 ounce package cream cheese, softened  
4 1/2 ounce can deviled ham  
1/2 cup grated cheese  
a dash of garlic salt  
a dash of celery salt

Mix well. Roll in chopped walnuts forming ball. Put cherry on top and refrigerate.

Allissa O'Brien  
Waterloo, NY

Seneca County  
Age 10



### OATMEAL APPLE MUFFINS

FEATURING: APPLES

3/4 cup rolled oats (quick cooking)  
3/4 cup 2% milk  
1 egg  
2 T. oil  
2 T. molasses  
1/2 cup raisins  
3/4 cup grated apples  
2 T. honey  
1 1/4 cup whole wheat flour  
1 T. baking powder  
1/2 tsp. cinnamon  
1/2 tsp. salt

Preheat oven to 400 degrees. Grease 12 muffin tins. Soak oats in milk for 15 minutes. Add egg, oil, molasses, raisins, grated apples and honey and mix well. Sift flour, baking powder, cinnamon and salt and add to oat mixture. Stir until just combined. Fill muffin tins 1/2 to 3/4 full. Bake 20 minutes - makes 12 muffins.

Kim DiDona  
Seneca Falls, NY

Seneca County  
Age 13

### BARBECUED PORK CHOPS

FEATURING: PORK

2 pork chops - 1 1/2" thick  
1/3 cup barbecue sauce  
1/3 cup water  
1/2 tsp. chives

1. Heat greased pan to 325 degrees.
2. Brown chops on both sides.
3. Add water and sauce.
4. Sprinkle with chives.
5. Cover and simmer for 20 to 30 minutes.
6. Serve.

Jason Swartley  
Waterloo, NY

Seneca County  
Age 11



## Steuben County

### YOGURT-SAUCED PORK BALLS

1 beaten egg  
1/3 cup fine dry bread crumbs  
3 Tbl. plain yogurt  
4 tsp. finely chopped onion  
1/2 tsp. salt  
1/4 tsp. pepper  
1 pound ground pork  
1 Tbl. cooking oil

Featuring: Dairy Products, Pork

1 1/2 tsp. instant beef bouillon granules  
1 cup boiling water  
2 Tbl. catsup  
1 tsp. Worcestershire sauce  
1/2 tsp. dried basil, crushed  
3 Tbl. cold water  
1 Tbl. cornstarch  
1/3 cup plain yogurt

In bowl combine egg, bread crumbs, 3 Tbl. yogurt, onion, salt and pepper. Add ground pork; mix well. Shape into 32 meatballs. In skillet brown meatballs in hot oil. Drain off fat. Dissolve bouillon granules in boiling water; add catsup, Worcestershire sauce and basil. Add to skillet. Bring to boiling. Reduce heat; cover and simmer 20 minutes. Remove meatballs to serving dish. Skim fat from pan juices. Measure pan juices. Add water, if necessary, to measure 3/4 cup liquid. Return to skillet. Stir cold water into cornstarch; add to liquid in skillet. Cook and stir until thickened and bubbly. Stir in 1/3 cup plain yogurt. Heat through but do not boil. Pour sauce over meatballs in serving dish. Serve immediately. Makes 4 servings. 264 calories per serving.

Kim Hargrave  
Wayland, NY

Steuben County  
Age 10

### APPLE COFFEE CAKE

1 1/4 cups flour  
1/4 tsp. salt  
1 Tbl. brown sugar  
1 tsp. baking powder  
1/2 cup margarine

Featuring: Apples

1 egg yolk  
2 Tbl. milk  
2 medium apples  
1/4 cup chopped walnuts

In medium mixing bowl, combine dry ingredients. Cut in margarine until size of small peas. Combine egg yolk & milk, stir into flour mixture until thoroughly blended. Press into bottom and 1" up side of 8-inch or 9-inch pie pan. Core and cut each apple into wedges. Place on dough in pan (can arrange as desired). Cover with cinnamon topping. Bake in 350° oven for 45 minutes or until apples are tender. Serve warm. Yield: 6-8 servings.

#### Cinnamon Topping

1/2 cup brown sugar  
2 tsp. flour  
1/2 tsp. cinnamon

1/8 tsp. ground nutmeg  
1/8 tsp. ground cloves  
1/8 tsp. ground ginger

Cut in 2 Tbl. margarine to above until crumbly. Sprinkle over apples.

Bronwyn Williams  
Naples, NY

Steuben County  
Age 11



## GLAZED APPLE COFFEE CROWN

Featuring: Apples, Dairy Products

4½ to 5 cups all-purpose flour  
1/3 cup sugar  
1 tsp. salt  
1 package active dry yeast  
1 cup milk  
½ cup water  
¼ cup margarine or butter  
1 egg

### Glaze:

1 cup powdered sugar  
1 Tbl. milk  
1 Tbl. margarine or butter, softened  
1 tsp. lemon juice

### Filling:

¾ cup sugar  
¼ cup margarine or butter  
1 tsp. cinnamon  
3-ounce package cream cheese, softened  
2 cups peeled, chopped apples  
1/3 cup firmly packed brown sugar  
½ tsp. cinnamon  
1 cup chopped walnuts (optional)

Grease 12-cup fluted tube pan or 10-inch tube pan. Lightly spoon flour into measuring cup; level off. In large bowl, combine 2 cups flour, 1/3 cup sugar, salt and yeast. In small saucepan, heat milk, water and margarine until very warm (120° to 130°F). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. By hand, stir in 2 cups flour. On floured surface, knead in ½ to 1 cup flour until smooth and elastic, about 5 to 8 minutes. Place in greased bowl; cover loosely with plastic wrap and cloth towel. Let rise in warm place (80° to 85°F) until light and doubled in size, about 1 hour.

In small bowl combine ¾ cup sugar, ¼ cup margarine, 1 tsp. cinnamon and cream cheese, blend until smooth. In small bowl combine apples, brown sugar and ½ tsp. cinnamon. You can also add one cup chopped nuts. Divide roll in half. On lightly floured surface roll out half into 18x8" rectangle. Spread with half of cream cheese mixture to within ½-inch of edges, then spread with half of apple. Starting at longer side, roll up tightly; pinch edges and ends to seal. Repeat with remaining half of dough. Place both rolls in prepared pan; one on top of the other. Cover, let rise in warm place until light and doubled in size; about 1 hour.

Heat oven to 350°F. Bake 45 to 55 minutes or until golden brown. Remove from pan immediately. In small bowl, combine all glaze ingredients; drizzle over warm coffee cake. Yield: 16 servings.

This coffee cake is just as delicious without the glaze.

Paula Stebbins  
Hornell, NY

Steuben County  
Age 16



### OATMEAL APPLE RAISIN MUFFINS

1 egg  
3/4 cup milk  
1 cup raisins  
1 chopped apple  
1/2 cup oil  
1 cup all-purpose flour

Featuring: Apples

1 cup quick oats  
1/3 cup sugar  
3 tsp. baking powder  
1 tsp. salt  
1 tsp. nutmeg  
2 tsp. cinnamon

Beat egg; stir in remaining ingredients, mixing just to moisten. Pour into 12 greased muffin cups until 3/4 full. Bake at 400° for 15 to 20 minutes. Serve cool or piping hot with butter.

Christine Potter  
Woodhull, NY

Steuben County  
Age 14

### ESKIMO YOGURT APPLES

6 large red apples  
lemon juice  
1 cup fresh raspberries or  
1/2 (10-ounce) package frozen  
raspberries, thawed  
2 Tbl. sugar  
1/4 cup raspberry liquor, rum or kirsch

Featuring: Apples, Raspberries, Dairy  
Products

3 Tbl. flaked coconut  
1/4 cup ground almonds  
1/2 cup plain yogurt  
1 cup whipped cream or  
whipped topping (garnish)  
sliced almonds (garnish)

Wash apples well; polish with clean towel. Cut off top of each apple; brush with lemon juice to prevent discoloration. Set aside. Carefully cut out inside of each apple to leave 1/2 inch shell; brush insides with lemon juice. Dice removed portions of apples; discard core and seeds. Combine with sugar, raspberries (reserve a few whole ones for garnish), liquor, coconut, and ground almonds. Fold in yogurt; spoon into apples. Top each apple with dollop of whipped cream, a reserved raspberry, and sliced almonds. Cover with apple tops; serve at once.

Sandy Amidon  
Hornell, NY

Steuben County  
Age 13

### BEEF 'N CHEESE CRESCENT PIE

1 1/4 lbs. ground beef  
8 oz. can tomato sauce  
8 oz. can cut green beans  
8 oz. can mushrooms  
1/2 tsp. salt

Featuring: Cheese, Beef

1 can (8 oz.) quick crescent  
dinner rolls  
1 egg, slightly beaten  
2 cups (8 oz.) shredded Cheddar cheese

Preheat oven to 375°. In large fry pan, brown beef. Stir in tomato sauce, green beans, mushrooms and salt. Simmer while preparing crust. Separate crescent dough into 8 triangles. Place triangles in ungreased 9 or 10 inch pie pan. Press to form crust.

Combine egg and 1 cup cheese, spread over crust. Spoon hot meat mixture onto crust. Sprinkle with remaining cheese. Bake 20 to 25 minutes. For easier serving, let stand 5 minutes before cutting into wedges. 5 to 6 servings.

Sarah Briglin  
Wayland, NY

Steuben County  
Age 13



# Wayne County

## FALL APPLE DIP

1 pkg. light cream cheese (room temperature)  
1 8 oz. vanilla yogurt  
1/3 cup brown sugar  
1/2 tsp. vanilla

Featuring: Apples

1-2 cups chopped peanuts, unsalted  
apples  
orange juice

Blend together first 5 ingredients. Wash, core, slice apples. Dip apples into orange juice, drain. Arrange apples on plate and place dip in center. Sprinkle additional chopped nuts on dip.

Melissa Ryan  
Walworth, NY

Wayne County  
Age 9

## APPLE MUFFIN

2 cups flour  
3/4 cup brown sugar  
1/2 cup sugar  
2 tsp. baking soda  
1/2 tsp. salt  
1 1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/4 tsp. nutmeg

Featuring: Apples

2 cups apples, (coarsely chopped)  
[Cortland, Idared or Crispin]  
1/2 cup raisins (optional)  
1/2 cup chopped walnuts  
3 eggs  
1/2 cup butter, melted  
4 oz. cream cheese, cut into small  
pieces  
1/2 tsp. vanilla

### Topping

1/2 cup chopped walnuts  
1/2 cup brown sugar  
1/4 cup flour

1 tsp. cinnamon  
1 tsp. lemon peel, grated  
1 oz. butter, melted

Combine all topping ingredients together and set aside.

### Directions For Muffins

Combine flour, sugars, spices and baking soda; set aside. Combine apples, raisins, nuts, eggs, cream cheese, butter and vanilla. Add dry ingredients a little at a time to the apple mixture. Stir until just combined. Do not over mix. Portion batter into muffin papers, about 2/3 full. Sprinkle with topping. Bake at 375° for 20-30 minutes. Yields 24 muffins.

Sheryl VanDenBeckens  
Marion, NY

Wayne County  
Age 16

### CHERRY TOMATO CANAPE

1/2 cup grated Mozzarella cheese  
1/2 cup grated Swiss cheese  
2/3 cup mayonnaise  
1/2 cup minced green onion  
6 Tbsp. green pepper  
1/4 tsp. garlic salt

Featuring: Tomatoes

1/4 tsp. seasoned salt  
1/8 tsp. cayenne pepper  
1/2 lb. bacon, cooked & crumbled  
1 pint cherry tomatoes, washed & sliced  
1 loaf party rye or pumpernickle bread

Combine first 7 ingredients. Toast bread on one side and spread mayonnaise on other. Top with tomatoes and first 7 ingredients. Bake until bubbly brown at 350° for 5 minutes.

Rachael Strieter  
Macedon, NY

Wayne County  
Age 12

### ZUCCHINI BREAD

2 eggs  
3/4 cup sugar  
1/2 cup oil  
1 cup grated zucchini  
2 tsp. vanilla  
1 1/2 cups flour

Featuring: Zucchini

1/2 tsp. salt  
1/2 tsp. baking soda  
3 tsp. cinnamon  
1/4 tsp. baking powder  
1/2 cup chopped nuts or raisins

Beat eggs well. Add oil and sugar and beat until real creamy. Add zucchini, vanilla and dry ingredients and beat for 2 minutes. Pour in greased loaf pan. Bake at 325° for 45 minutes to 1 hour. Cool in pan 10 minutes.

Brandy Stewart  
Lyons, NY

Wayne County  
Age 9

### BUNNY SALAD

lettuce leaf  
1 pear half, chilled  
2 raisins

Featuring: Pears, Cottage Cheese

2 nuts  
1 cinnamon candy  
cottage cheese

For each serving place lettuce leaf on plate. On top of that place upside down, 1 chilled pear half. Make bunny with narrow end for face. Make eyes with the 2 raisins. Make the ears with the 2 nuts. Make the nose with the cinnamon candy. Make the tail with a cottage cheese ball.

Bobbie Jo Reed  
Savannah, NY

Wayne County  
Age 8



## SWISS POTATO BAKE

6 medium size potatoes  
6 Tbsp. margarine, melted  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. ground nutmeg  
1 tsp. chopped parsley

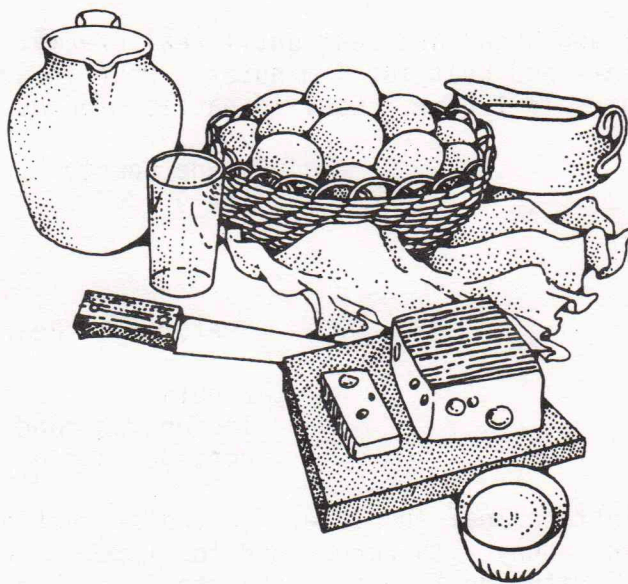
Featuring: Potatoes, Cheese

1 cup cubed ham  
1 medium onion, diced  
3 eggs  
1/2 cup milk (lowfat)  
paprika  
1 1/2 cups lowfat Swiss cheese,  
shredded

1. Peel potatoes and cook in saucepan with water until tender and drain.
2. Mash and stir potatoes in butter, salt, pepper, nutmeg and parsley.
3. Spoon about 2/3 of potato mixture on sides and bottom of greased baking dish.
4. In medium bowl combine cheese, ham and onion.
5. Spoon the mixture into the potato-lined dish.
6. Beat together eggs and milk and pour over ham and cheese.
7. Spoon remaining potato mixture over top and sprinkle with paprika.
8. Bake at 400° 30-35 minutes.
9. Let stand 10 minutes before serving.

Michelle Dickson  
Marion, New York

Wayne County  
Age 15





## Wyoming County

### QUICHE

Featured Food: Dairy Products

unbaked 9" pie crust  
1 1/2 cup white shredded cheese  
1 1/2 cup yellow shredded cheese  
1 pint chopped broccoli  
1/2 lb. sliced ham

3 eggs  
1 cup milk  
pepper  
1/2 can french fried onion rings

1. Preheat oven to 375°.
2. Divide cheeses in 1/2; sprinkle half of each on bottom of unbaked pieshell. Add broccoli and ham. Sprinkle with remaining cheese.
3. Beat eggs and milk; add pepper to taste. Pour over cheese and bake 1/2 hour.
4. Remove from oven, sprinkle with onion rings, bake an additional 15-20 minutes.
5. Allow to set a few minutes, cut and serve. 4-6 servings.

Amy Anderson  
Wyoming, NY

Wyoming County  
Age: 13

### BEAN PORRIDGE

Featured Food: Vegetable

1 37 ounce can baked beans  
2 cups stewed tomatoes  
1 bay leaf  
1 tbsp. chopped parsley  
2 tbsp. chili sauce  
2 tsp. salt

1 cup sliced celery  
1/2 cup sliced onions  
1 cup potatoes  
1 cup sliced carrots  
2 quarts water  
1/4 lb. shredded mild cheese, optional

1. Puree about 1/2 of the baked beans. Combine with tomatoes, bay leaf, parsley and chili sauce in soup pot.
  2. Add prepared vegetables, water and salt. Simmer two hours.
  3. Serve hot. Sprinkle each serving with shredded cheese, if desired (let cheese melt before eating).
- Yield: 8 servings

Angela Heineman  
Attica, NY

Wyoming County  
Age: 14



### FRESH APPLE SALAD

Featured Food: Apples

4 cups unpeeled diced tart apples  
1 can (20 oz.) pineapple chunks,  
drained (reserve juice)  
1 cup seedless green grapes  
3/4 to 1 tsp. poppy seeds  
1/2 cup toasted pecans  
(to toast pecans, place in  
300° oven for 8-10 minutes)

#### Dressing:

1/2 cup pineapple juice  
2 tbsp. butter  
2 tbsp. sugar  
1 tbsp. lemon juice  
1 tbsp. cornstarch  
1 tbsp. water  
\*1/2 cup mayonnaise

\*can substitute 1/4 cup low-cal mayonnaise with 1/4 cup plain yogurt.

1. Thoroughly drain pineapple.
2. To make dressing: in small sauce pan combine 1/2 cup pineapple juice, butter, sugar, lemon juice - heat to boiling. Make smooth paste of cornstarch and water - add to hot mixture and cook until thick and smooth. Chill completely, then stir in mayonnaise.
3. In large bowl combine apples, pineapple chunks, grapes, poppy seeds; add chilled dressing and refrigerate.
4. Before serving, toss with pecans and turn into glass bowl. Garnish with apple wedges, lettuce, pecans.

Erin Parker  
Perry, NY

Wyoming County  
Age: 10

### LIGHT AND CHEESE BROCCOLI CASSEROLE

Featured Food: Dairy Products

10 oz. package frozen chopped  
broccoli, thawed and drained  
1 tomato, peeled and thinly  
sliced  
1/4 cup parmesan cheese

1 cup dairy sour cream  
1 cup creamed cottage cheese  
1/2 cup baking mix  
2 eggs  
1/4 cup butter or margarine melted

1. Grease 9 x 9 x 2 baking dish; spread broccoli in bottom.
2. Beat sour cream, cottage cheese, baking mix, eggs and margarine with hand beater 1 minute; pour over broccoli.
3. Arrange tomato slices on top, sprinkle with parmesan cheese.
4. Bake in 350° oven until golden brown and knife inserted 1/2 way between center and edge comes out clean (approximately 30 minutes).
5. Cool 5 minutes, yield 6-8 servings.

Leslie Good  
Perry, NY

Wyoming County  
Age: 11



### CHEESE CORN MUFFINS

Featured Food: Dairy Products

1 cup unsifted flour  
2/3 cup. yellow cornmeal  
2 tbsp. sugar  
2 tsp. baking powder  
1/4 tsp. salt

1 cup shredded cheese  
1 egg beaten  
1 cup milk

1. Thoroughly mix dry ingredients; add shredded cheese.
2. Beat together egg and milk - add to dry ingredients and mix until just moistened.
3. Fill 12 paper-lined muffin cups; bake 25 minutes at 350°.

Jean Zuber  
Wyoming, NY

Wyoming County  
Age: 8

### RAISIN FILLED CREAM PUFFS

Featured Food: Dairy Products

#### Cream Puff

1/2 cup butter  
1/4 tsp. salt  
1 cup boiling water  
1 cup sifted flour  
4 eggs

#### Filling

3 tbsp. flour  
3 tbsp. cornstarch  
3/4 cup sugar  
3/4 tsp. salt  
3 cups scalded milk  
3 beaten eggs  
1 1/2 tsp. vanilla  
1 cup raisins

1. Prepare cream puffs: Add butter and salt to boiling water; stir until butter melts and mixture comes to a boil. Add flour, stir vigorously until mixture is smooth and forms a soft ball. Remove from flame and beat in eggs, one at a time. Beat well. Drop by tablespoonfuls on lightly greased cookie sheet. Bake 50 minutes at 375°. Cool thoroughly.
2. Prepare filling: Scald milk. Add flour, cornstarch, sugar and salt. Cook over low flame, stirring constantly until slightly thickened. Stir in beaten eggs, cook over low flame 5 minutes. Remove from heat and cool; add vanilla and raisins.
3. Slice off top of cream puff; add filling and replace top. Refrigerate or serve immediately. Yield: 12 servings.

Michelle Griffen  
Varysburg, NY

Wyoming County  
Age: 15



## MAKE OLD RECIPES DO NEW TRICKS FOR HEALTH

by Christina Stark, Division of Nutritional Sciences, New York State College of Human Ecology and New York State College of Agriculture and Life Sciences, Cornell

The times are changing and you like to keep in step. You jazz up your wardrobe to be in style and redecorate your home for a more contemporary look. But when it comes to the foods you eat and serve your family, chances are you are using the same old recipes heavy on fat, sugar, and salt.

Why not update and revitalize those recipes? Learn to prepare your old family favorites in new, more healthful ways. How do you do this? It's a simple matter of modification.

Modifying a recipe is not as hard as it sounds. Consider the fact that very few recipes need to be followed exactly to assure a good-quality product. How many times have you followed a recipe but added bits of leftovers, substituted ingredients, or left out an ingredient because you didn't have it on hand? The end result was probably as good as, if not better than, the original. Modifying a recipe for better health just means the changes are made specifically to reduce the amount of calories, fat, sugar, or sodium or to increase the amount of fiber.

The first step in modifying a recipe is to define your dietary goal. If you want to cut calories, you need to identify which ingredients contribute the most calories. If you want to cut fat, sugar or sodium or increase fiber, you need to identify the ingredients that contain these components.

For example, fats are the greatest source of calories and are found in ingredients such as butter, margarine, shortening, oils, whole milk, cheese, cream, meat, and poultry (especially the skin). Sugar comes in many forms including white sugar, brown sugar, honey, corn syrup, molasses, and maple syrup. Sodium is found in salt, baking soda and baking powder, monosodium glutamate, condiments such as soy sauce, bouillon, pickles, and olives, and many processed foods. Fiber is found in whole-grain breads and cereals, dry beans and peas, nuts and seeds, and fruits and vegetables, especially those with edible skins or seeds.

Once you have identified the ingredient(s) in your recipe you want to modify, you can eliminate it completely, reduce the amount, or substitute a more nutritionally acceptable ingredient.

Listed below are just a few ways to update your recipes. These suggestions can be applied to most foods except those in which specific proportions of ingredients are essential to prevent spoilage (such as cured meats, pickles, jams, and jellies) or are needed to ensure a standard quality product (such as yeast breads, cakes, and pie crusts).

### To decrease total fat and calories:

Try reducing fat by one-fourth to one-third in baked products. For example, if a recipe calls for 1 cup of oil, try  $\frac{2}{3}$  cup.

In casseroles and main dishes, cut back or even eliminate added fat. For example, browning meat in added fat is unnecessary because some fat will drain from the meat as it cooks.

Chill soups, gravies, and stews and skim off hardened fat before reheating to serve.



Use reduced-calorie sour cream or mayonnaise instead of the regular versions. For even fewer calories, substitute low-fat yogurt for sour cream or mayonnaise in sauces, dips, and salad dressings. If a sauce made with yogurt is to be heated, add 1 tablespoon of cornstarch to 1 cup of yogurt to prevent separation.

Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk.

#### **To decrease sugar:**

Try reducing sugar by one-quarter to one-third in baked goods and desserts. Do not decrease the small amount of sugar in plain yeast breads because it provides food for the yeast and promotes rising.

Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness.

#### **To decrease sodium:**

Salt may be omitted or reduced in most recipes. Start with a gradual reduction. For example, if a recipe calls for 1 teaspoon of salt, try 1/2 teaspoon.

Choose fresh or low-sodium versions of products. For example, choose low-sodium soups and broths, soy sauce, canned vegetables, and tomato products.

Rely on herbs and spices rather than salt for flavor. Use garlic or onion powder instead of garlic or onion salt.

#### **To increase fiber:**

Choose whole-grain instead of highly refined products—for example, whole-wheat flour and bread, bulgur, brown rice, oatmeal, whole cornmeal, and barley.

Whole-wheat flour usually can be substituted for up to one-half of the all-purpose refined flour. For example, if a recipe calls for 2 cups of flour, try 1 cup of all-purpose and 1 cup of whole-wheat flour.

Add extra fruits and vegetables to recipes and include the peel when appropriate.

Remember, there is no one right way to modify a recipe. You'll be most successful if you adjust quantities of major ingredients gradually. Individual tastes vary, and it may take some time to find out what level is satisfactory to you.

When you find modifications that work, make a note of them. If you want, write the changes directly into your cookbooks. Recipes for better health are worth repeating.



## THIS IS 4-H

4-H is the nation's most exciting out-of-school, informal education program for youth between the ages of 8 and 19.

It is the Youth Development Program of Cooperative Extension which is one of the largest youth programs in the world.

Through the 4-H club, youth receive instruction in educational projects such as dog and animal care, electrical, woodworking, foods, gardening, photography, public speaking, and many, many more. They conduct business meetings, do service projects for their community, and HAVE FUN TOGETHER!

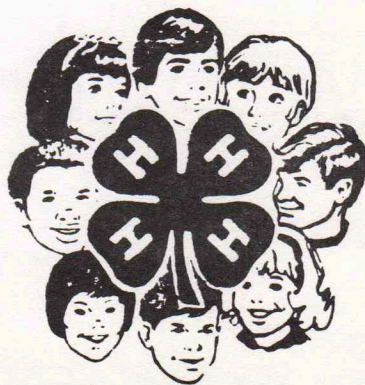
4-H clubs are not just for country people, but for everyone - city and suburbs, farms and rural non-farm people.

Adults with a liking for young people volunteer their time to lead local clubs, showing youngsters the "how to" of various activities. Older 4-Hers share their responsibility as "teen leaders", giving of themselves to help younger members grow and achieve.

Business and industry give 4-Hers a reason for achievement - a catalyst of incentives and recognition at local, county, state and national levels. Sponsoring firms also provide technical advisors and educational aids.

If you are interested in joining 4-H as a member, or in volunteering as a leader of a club, or in supporting 4-H by sponsoring some phase of the program, please contact your county Cooperative Extension office. Learn how you can promote the welfare of the nation's greatest resource - youth!

I PLEDGE my HEAD to clearer thinking,  
my HEART to greater loyalty,  
my HANDS to larger service, and  
my HEALTH to better living, for  
my club, my community, my country,  
and my world.









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